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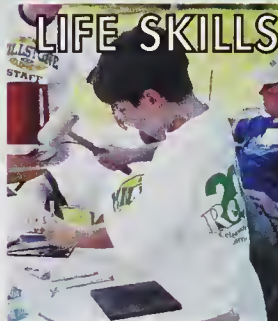
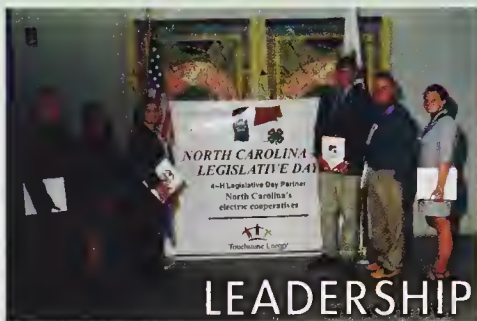
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Published by North Carolina Association  
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Member, Audit Bureau of Circulations

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Summer Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc. (ISSN 0008-6746) (USPS 832800)

Postmaster: Send form 3579 to P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, \$8 per year. 20 outside U.S.A. Schools, libraries, \$6.

Address Change: To change address, send magazine mailing label to your electric cooperative.

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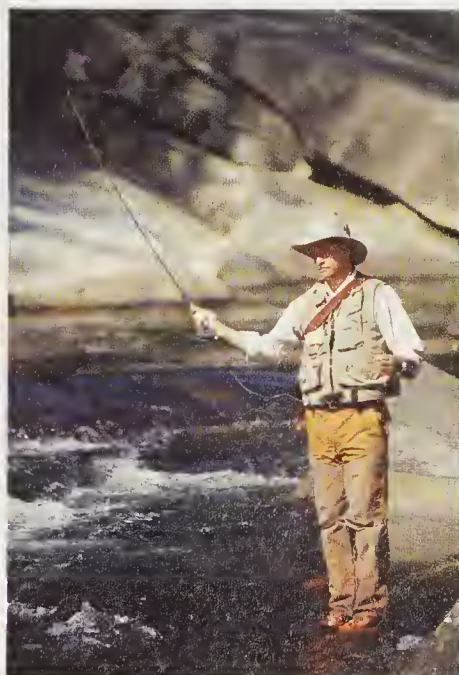
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33			12.43	11.38	14.88	13.34	24.50	21.44
34			12.43	11.46	14.88	13.34	24.50	21.44
35			12.43	11.64	14.88	13.56	24.50	21.88
36			12.78	11.99	15.53	14.22	25.81	23.19
37			13.21	12.51	16.41	15.31	27.56	25.38
38			13.56	13.04	17.06	16.41	28.88	27.56
39			14.09	13.74	17.94	17.50	30.63	29.75
40			14.61	14.35	19.03	18.81	32.81	32.38
41			15.66	14.96	20.78	19.91	36.31	34.56
42			16.98	15.66	22.97	21.22	40.69	37.19
43			18.11	16.10	25.38	22.09	45.50	38.94
44			19.51	16.71	27.78	23.41	50.31	41.56
45			21.18	17.59	30.63	24.94	56.00	44.63
46			22.49	18.20	33.03	26.03	60.81	46.81
47			24.33	19.08	36.53	27.56	67.81	49.88
48			26.16	20.04	39.81	29.31	74.38	53.38
49			28.18	20.83	43.75	30.84	82.25	56.44
50			30.36	21.96	47.91	33.03	90.56	60.81
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52			35.35	24.59	56.88	37.84	108.50	70.44

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58			64.14	39.64	110.03	63.00	214.81	120.75
59			71.23	43.31	123.16	69.13	241.06	133.00
60			80.15	47.86	139.56	76.34	273.88	147.44
61			53.99	37.36	96.91	60.59	188.56	115.94
62			59.50	40.69	108.06	66.50	210.88	127.75
63			65.01	44.01	119.00	72.19	232.75	139.13
64			70.53	47.34	129.94	78.09	254.63	150.94
65			77.44	51.63	143.72	85.53	282.19	165.81
66			85.14	55.30	158.81	91.44	312.38	177.63
67			95.46	58.98	179.16	99.53	353.06	193.81
68			105.79	63.79	199.72	107.41	394.19	209.56
69			116.11	68.43	220.06	115.50	434.88	225.75
70			128.98	73.85	245.44	125.56	485.63	245.88
71			147.79	87.59	283.50	152.69	561.75	300.13
72			172.81	106.14	334.03	188.78	662.81	372.31
73			197.84	124.69	384.78	224.88	764.31	444.50
74			222.86	143.15	435.31	261.19	865.38	517.13
75			254.19	166.25	498.75	306.25	992.25	607.25
76			282.89	187.25	556.72	347.38	1108.19	689.50
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# The size, scope and passion of the electric cooperatives' annual meeting

By Carolyn Herr Watts



Spending my days in New Orleans with 13,000 other electric cooperative leaders during Mardi Gras? It's a tough job, but someone has to do it! Does this sound like chaos? Well, it may *sound* like it, but if you lived it, you'd have a quite different opinion.

In mid-February, the National Rural Electric Cooperative Association, your national association of 930 electric cooperatives from across the United States and abroad, met in New Orleans to address the coming challenges in our industry and in our communities. This was NRECA's 62nd annual meeting and my 25th.

The saying goes: "The more things change, the more they stay the same." Well, national cooperative annual meetings are no different. The issues and challenges change, but the values, the people and the commitment to consumers remain the same.

Consideration of policy positions began during the fall of 2003 and then were assigned in New Orleans to issue-specific committees. After discussion, the policies were approved by the 13,000 electric cooperative leaders attending the business session. The subjects of these positions were varied, including funding economic development projects, rural health care and geothermal energy.

These are *big* meetings (very few U.S. cities can accommodate this large a crowd), and it's very impressive to see so many committed folks gather for time-consuming, thoughtful deliberations. Some years ago, a Presidential candidate spoke to an NRECA annual meeting, and when he walked off stage, he blanched and said, "I've never spoken to so many people!" The 400 North Carolina attendees not only listened to the general sessions, but served on the policy committees, gathered to hear forums on electricity reliability, grid security and fuel cells, attended accreditation classes to enhance board leadership skills and, in general, spent days debating, listening and "living" the electric cooperative way of life.

The 111 pages of policies are carefully reviewed, revised, debated and adopted. The "Statement of Purpose" discusses the value of electric cooperative service and of cooperatives as consumer-driven organizations. The strong network of cooperatives is held in high esteem, and the cooperative form of business is reaching new heights in consumer popularity.

Among the many challenging speakers was Lester Thurow, MIT economist, who dared the crowd to consider the impact of the changing global economic and energy needs. Glenn English, former member of Congress and now the CEO of NRECA, also addressed the crowd. He pointed out that 10 years ago, it was electricity deregulation and competition that dominated the U.S. electric industry's agenda. In 1999, *Forbes* magazine announced that the Number One business in the U.S. for quality management was the now defunct and disgraced Enron. The current utility focus is on reliability, re-regulation and the security of our national electric system. Electric cooperatives, English noted, have always remained true to our roots as self-regulated, responsible and reliable utilities. Futurists now consider our daily focus as "cutting edge."

The challenges of meetings such as the NRECA annual meeting are complex. Simply housing, transporting and seating 13,000 individuals in one city can be a nightmare. But the bottom line of every electric cooperative meeting is to educate — whether that meeting is for national policy, professional training, monthly board business or to elect a board of directors at the local cooperative annual gathering. Cooperative leaders work hard to educate themselves, consumers, the public and decision-makers about how current and future issues will affect electricity consumers, and to make ourselves better stewards of the communities we serve. This has always been the true test of an electric cooperative leader. My husband once remarked that the electric cooperative family is one like no other. We all have a common understanding and commitment far beyond that of other industries. This commitment is to our consumer-members as well as to one another. It gets under your skin and becomes a passion.

Chaos? Hardly! That may be one point of view, but it's the discussions and just plain hard work that enable 10 percent of the U.S. population to build, operate and maintain more than one-half of the electric lines in the nation. It's a tough job — and we're proud to do it!

*Carolyn Herr Watts is senior vice president for competitive strategies with the North Carolina Electric Membership Corporation in Raleigh.*

## Rocky Mount high school for blacks

On our "Tar Heel Lessons" page in February, we included information from the Baseball Hall of Fame which stated that Rocky Mount's famous baseball player Walter "Buck" Leonard earned his high school diploma at age 52 because the city had no school available for him in the early 1920s. Eleanor Edgerton-Taylor called to tell us that there were schools for African-Americans in Rocky Mount at the time when Buck Leonard could have attended. She specifically named Harper's, a private high school on Sharon St. that is now a church. She said that her grandmother was born in 1904 (before Leonard) and attended Harper's through the 11th grade.

## Snow scene

We would like to share this picture of the snowfall that we had on Sunday night February 22, 2004. This picture is at our



home on 1435 Moir Farm Road, Lawsonville, NC 27022. This building was an old chicken coop that was built back in the early 1940s. It was remodeled as a truck shop in the mid-1900s.

*Don & Kim Sheppard  
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## Smoke scene

Here is a photograph I took one day when my daddy, Jerry Shropshire, was burning leaves and remarked that the scene reminded him of a civil war battle scene. The scene of the smoke with the old building (which is our well house), the wagon wheel and my father's plow was something that truly needed to be preserved.

My father was a tobacco farmer his entire life, and I can remember him plowing the fields with this very plow being pulled by our horse, Maude.

*Sheralene Shropshire  
Working Hands  
Stoneville*

## Distilled tar

I read Mr. Simon's description of a turpentine distillery ["First Person," January 2004]. It is my understanding that the distillery rendered tar, instead of turpentine. I thought turpentine was collected from long leaf pines, after they were scored and prepared to catch the liquid. I thought tar was derived from aged heart pine, after it was burnt and smothered with dirt.

Washington, N.C., was a seaport in the 1800s, and they shipped tar and turpentine to other ports, in exchange for bananas, sugar and molasses. Tar was used for waterproofing the inside of ships.

*Dalton Latham  
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## Electric cooperative officials set policies and discuss 2004 business at their national annual meeting

More than 13,000 representatives from cooperative electric utilities across the nation, including North Carolina's delegation of about 400, attended the National Rural Electric Cooperative Association annual meeting February 16-18 in New Orleans to set NRECA's legislative and organizational agenda for 2004. In addition to considering and acting upon policy resolutions, delegates received reports from NRECA officials, heard addresses by key public figures and business experts, and attended panel sessions on major issues affecting electric cooperatives and their consumer-owners.

NRECA is the national service organization that represents the nation's more than 930 consumer-owned electric cooperatives, which provide electric service to more than 37 million people in 47 states.

Glenn English, the association's CEO, noted that much has changed in the 10 years that he has served the member-owned utilities. "A decade ago change was in the air, deregulation and buzzwords like



*Delegates from co-ops throughout the nation voted on policy resolutions. Glenn English (below) told the convention, "We are now on the cutting edge."*

retail wheeling and diversification were creating uneasiness, insecurity and outright fear within the industry. Today the buzzwords are re-regulation, reliability and responsibility.

"The deregulators and retail wheelers over-promised and under-delivered, deregulated retail markets collapsed and prices rose," he continued. "In 1999 Forbes magazine rated Enron management overseen by Jeff Skilling the #1 business for 'quality management' in America, exemplifying the degree to which the nation had bought into the all-hat, no-cattle world of electricity marketers. Throughout the decade co-ops, unlike others, focused on their core business. We did not sell out our values as so many others did. We remained true to our roots, and as self-regulated, responsible and reliable utilities, we are now on the cutting edge."

### Touchstone Energy develops Hispanic radio spots

The state's Touchstone Energy cooperatives have developed a Spanish radio commercial to communicate the Touchstone Energy values within the Hispanic culture. These local radio spots will run as part of the "Moment by Moment" radio advertising campaign.

The commercial will feature a Quinceanera (a right of passage for Latino girls) and a soccer game, both events of which are significant to the Hispanic culture. These events will be used to illustrate the Touchstone Energy values of accountability, integrity, innovation and commitment to community.

Rick Martinez, manager of Corporate Communications for the North Carolina Association of Electric Cooperatives, helped create the advertisements. He says the key to a successful Hispanic commercial is to "communicate and not just translate."



### The role of the Rural Utilities Service

Hilda Gay Legg, administrator of the U.S. Department of Agriculture's Rural Utilities Service (formerly Rural Electrification Administration), brought greetings from President George W. Bush. "Our President is a co-op member, too!" she said. "His Texas ranch is served by McLennan County Electric Cooperative and Brazos Electric Cooperative."

Legg said RUS has provided vital programs for rural America, including local economic development grants and loans. RUS is also one of the lenders for electric co-ops nationally (since 2001, \$10.7 billion for 603 loans serving 1.2 million new consumers) and also administers a division that has long established high-quality standards, specifications and construction practices among co-ops who borrow from the RUS. These standards have been a model for other industries, she said,



including NASA, and they allow co-op line crews and engineers to assist others in times of need, because the standards are the same nationwide.

She said while some believe the agency's work in rural electrification has been accomplished, she pointed out other areas where RUS is instrumental to the success of cooperatives. If there were no RUS, she said, rural people probably would see higher electric rates or less reliable service. She said cooperatives themselves must carve new roles for RUS. "It is the opportunity to control one's own destiny," she said. "That's what the business of cooperatives is all about, community-ownership, a sense of involvement. That's what co-ops bring to the table."

### Innovation and diversity

NRECA's board president David Cowan described recent activities that the association is engaged in for its 930 member co-ops. He also noted that the national brand, Touchstone

Energy, "brings your cooperative to the attention of such national accounts as Wal-Mart, Kohls, Target, Lowes, Food Lion and others. We are now privy to the location of future stores of these chains in your service area and we have forged a model electric service contract with Wal-Mart that makes doing business with the nation's largest retailer a seamless process."

He added that NRECA's member systems have changed in many ways since the association was formed in 1942. "We are less rural and our systems now range in size from fewer than 300 members to more than 180,000. It is the nature of all complex systems as they become more diverse that they express their own needs and question the importance of associating with others. We will continue to allow for all points of view on our programs, and I urge your participation in this embrace of our diverse membership. . . . Unity in the cooperative program is not just my job. It is your job as well. It is everyone's job. Individually, we have no voice; together we are the largest electric utility in the nation."

## Touchstone Energy sponsors scholarships to the Kay Yow women's basketball camp

Female middle-schoolers may apply for a scholarship to attend the Touchstone Energy/Kay Yow Basketball Camp June 20-24 in Raleigh.

North Carolina's Touchstone Energy cooperatives have joined with Hall of Fame basketball coach Kay Yow to offer the scholarship for girls in grades 6 through 8. The scholarship will send 27 players to the highly regarded summer camp conducted at historic Reynolds Coliseum on the North Carolina State University campus.

Applications will be accepted through April 20. Winners will be announced by May 1.

Campers must have permission from a parent or guardian to attend the camp and provide their own transportation to and from Raleigh.

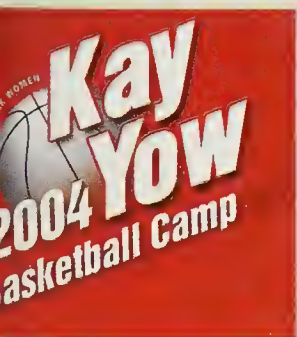
Sixth through eighth grade female students interested in the scholarship can contact their local electric cooperative or Suzanne Ward at (800) 662-8835, extension 2430, or via e-mail at [Suzanne.ward@ncemcs.com](mailto:Suzanne.ward@ncemcs.com). Students can also apply directly at [www.ncemcs.com](http://www.ncemcs.com).

Applicants will be judged on their academics, extra-curricular activities and an essay that must accompany the application.

Conducting the camp is Naismith Memorial Hall of Fame Coach Kay Yow and members of her North Carolina State University women's basketball team. Coach Yow and her staff will work closely with each camper to help develop fundamental skills that will help the young athletes to perform and excel both on and off the court. For more information on the camp, visit [www.kayyowcamps.com](http://www.kayyowcamps.com).



*Legendary N.C. State women's basketball coach Kay Yow.*







# NORTH CAROLINA CRAFTS

A year-long recognition of artisans, schools and exhibitions

BY KAREN HOUSE

## MOUNTAINS

### Asheville Art Museum

Located in downtown Asheville, the museum has a permanent collection of 20th and 21st century American contemporary local craft, as well as heritage pieces and special exhibitions exploring the craft tradition.

**Through June 20:** "Thinking With Blood: Conflict and Culture in the New South," contemporary work by 12 Southern artists examines themes of what it is to be considered Southern.

Asheville Art Museum  
(828) 253-3227  
[www.ashevilleart.org](http://www.ashevilleart.org)

### John C. Campbell Folk School

(See photo, right) Observing its 80th birthday during the statewide celebration, the school provides weekend and week-long classes in crafts, from making banjos to learning about medicinal herbs. The 300-acre campus includes a history center, where 20th-century Appalachia is on display, and a craft shop that features the juried work of over 300 artists.

**May 30-June 5:** "Appalachian Heritage Week," featuring traditional mountain crafts, music and folk ways.

John C. Campbell Folk School  
Brasstown, east of Murphy  
(828) 837-2775  
[www.folkschool.org](http://www.folkschool.org)

### *From colorful blown glass and rich textiles*

to intricate decoy carving and artful baskets, North Carolina is known around the world for its high-quality crafts. The "Celebration of North Carolina Crafts," as proclaimed by Gov. Michael F. Easley, showcases galleries, museums, art centers, schools, shops and individual artisans through a variety of events and exhibitions in 2004-2005.

The driving force behind the celebration is the North Carolina Craft Coalition. Its Web site, [www.DiscoverCraftNC.org](http://www.DiscoverCraftNC.org), points the way to workshops, museums and craft organizations across the state. Travelers in the mountains can also find studios, galleries and historic craft sites in the guidebook, "The Craft Heritage Trails of Western North Carolina," published by Handmade in America. For the craft roundup below, contact each organization directly for event updates.

### Penland School of Crafts

Located in the Blue Ridge Mountains, Penland School is celebrating its 75th anniversary with specially-commissioned works. The school offers classes in books and paper, clay, drawing, glass, iron, metals, photography, printmaking, textiles, and wood. The school also offers a craft gallery and guides to surrounding studios.

**Through April 25:** "Penland Retrospect," a gallery exhibition to kick off the school's 75th anniversary, highlights school life and community history.

**May 4-June 20:** "New Uses of Materials," exhibition.

**June 29-August 22:** "Contemporary Iron," exhibition.

Penland School of Crafts  
Near Spruce Pine,  
northeast of Asheville  
(828) 765-2359  
[www.penland.org](http://www.penland.org)

### Museum of the Cherokee Indian

This interactive museum showcases the Cherokee tradition and rituals through their carvings, hand-crafted split-oak baskets, wood-fired pots, ceremonial masks, weapons, jewelry and music. Hands-on exhibits complement the museum's extensive artifact collection and archives.

Museum of the Cherokee Indian  
Cherokee  
(888) 665-7249  
[www.cherokeemuseum.org](http://www.cherokeemuseum.org)

### Southern Highland Craft Guild

For 75 years the Southern Highland Craft Guild, located on the Blue Ridge Parkway, has promoted crafts made by artists living in the mountainous regions of the South. The Folk Art Center shop showcases traditional mountain folk art as well as contemporary American craft made by the Guild's 700-plus member artists. The Highland Craft Guild features

exhibitions and hands-on community events. Daily craft demonstrations are held April-December.

**Through April 4:** "Quilt National," 20 works in contemporary quilt art.

**April 10-June 27:** "Woodworking from Country Workshops."

**April 24:** "Day of Puppetry."

Southern Highland Craft Guild  
Near Asheville  
(828) 298-7928  
[www.southernhighlandguild.org](http://www.southernhighlandguild.org)

## PIEDMONT

### Gallery of Art & Design

The gallery offers new ways to view objects, revealing their use, meaning, cultural context, and intrinsic beauty. The permanent collection is strong in ceramics and textiles. Other highlights include significant pieces by North Carolina self-taught artists and the recently donated Luski Collection of glass and jewelry.

**April 1-June 25:** "Four Women in Clay."

**April 1-June 25:** "Mountain Made—Western NC Craft."

**April 22:** "Women and Ceramics," lecture.

Gallery of Art & Design at  
N.C. State University  
Raleigh  
(919) 515-3503  
[www.ncsu.edu/gad](http://www.ncsu.edu/gad)



## Hickory Museum of Art

The museum houses examples of American art pottery and contemporary art glass, as well as regional folk art and face jugs. Artists include Dale Chihuly, Stephen Dee Edwards, Ken Carder, Jon Kuhn, Charles Lisk, Albert Hodge and Don Craig.

**May 8:** 60th Anniversary Gala.

Hickory Museum of Art  
Hickory  
(828) 327-8576

[www.HickoryMuseumofArt.org](http://www.HickoryMuseumofArt.org)

## The Mint Museum of Craft + Design

A showplace for contemporary studio craft, it offers a permanent collection of ceramics, fiber, glass, metal, wood and engaging traveling exhibits.

**Through May 30:** "The Artful Teapot." Beads, canvas, clay, glass, paper, silver, wire, wood and soda cans are among teapot materials, which take human, animal, vegetable and even architectural forms.

The Mint Museum of Craft + Design  
Charlotte  
(704) 337-2000  
[www.mintmuseum.org](http://www.mintmuseum.org)

## Museum of Early Southern Decorative Arts

MESDA exhibits and researches furniture, paintings, textiles, ceramics, silver and other metal wares in Southern states before 1820. MESDA is located in Old Salem, a restoration of a 1700s-era Moravian community, with costumed interpreters describing its daily life.

The Museum of Early Southern Decorative Arts  
Winston-Salem  
(888) 653-7253  
[www.mesda.org](http://www.mesda.org)

## North Carolina Pottery Center

An information gateway to nearly 100 potteries in the Seagrove area, the center features displays of local potters' work and

maps to their studios. Staff acquaints visitors to the area's shops, as well as to potters across the state, and presents interpretative exhibits on the history and technology of pottery.

**April 24:** "Going, Going, Gone to Pots..." fundraising auction.  
North Carolina Pottery Center  
Seagrove  
(336) 873-8430  
[www.ncpotterycenter.com](http://www.ncpotterycenter.com)

## Piedmont Craftsmen

(See photo, below left) A gallery and shop representing hundreds of Southeastern member juried artists, Piedmont Craftsmen presents high standards of contemporary and traditional craft. Its gallery celebrates 40 years of craft offerings.

Piedmont Craftsmen  
Winston-Salem  
(336) 725-1516  
[www.piedmontcraftsmen.org](http://www.piedmontcraftsmen.org)

## COAST

### Core Sound Waterfowl Museum

Exhibits at this museum and educational complex feature antique working decoys, contemporary decoys by local carvers, decorative carvings and other forms of waterfowl art (from stained glass to original paintings). A gift shop offers carvings, books and

waterfowl art. The museum will be celebrating its first anniversary in its new location in May.

**April 8-30:** "Junior Duck Stamp," exhibit.

**May 28-3:** First Anniversary events.

Core Sound  
Waterfowl Museum  
17 miles east of Beaufort  
on Harkers Island  
(252) 728-1500  
[www.coresound.com](http://www.coresound.com)

## Louise Wells Cameron Art Museum

Dedicated to preserving, archiving and displaying North Carolina art, the museum features art from the 18th, 19th, 20th and 21st centuries. Its collection includes Jugtown Pottery, hand-woven baskets, colorful ceramics and whimsical metal wire constructions of sea life.

Louise Wells Cameron  
Art Museum  
Wilmington  
(910) 395-5999  
[www.cameronartmuseum.com](http://www.cameronartmuseum.com)

## Pocosin Arts

Pocosin Arts offers exhibits and interdisciplinary education programs, field studies, workshops, classes, studio concentrations, and interpretive gallery experiences that build understanding of home-grown craft traditions. Classes include blacksmithing, weaving, spinning, pottery and soap making. Pocosin Arts exhibits 120-plus original works by 60 folk artists and folk art interpreters.

Pocosin Arts  
Columbia  
(252) 796-2787  
[www.pocosinarts.org](http://www.pocosinarts.org)



*Top, L-R: Stoneware teapot by John Vasquez; Highlands Basket by Billie Ruth Sudduth; and Genie Bottle by Ben Owen III.*

*Left: Learning to make chairs at the Piedmont Craftsmen in Winston-Salem.*

*Below: John C. Campbell Folk School in Brasstown.*







*Raylen Vineyards in Mocksville grows "Syrah" grapes, known for their spicy, peppery qualities. Call (336) 998-3100 or visit [www.raylenvineyards.com](http://www.raylenvineyards.com).*

# Grapes Galore

## in North Carolina

Wineries and festivals throughout the state offer excursion options

By Tara Verna

The number of wineries across North Carolina has more than tripled over the past 10 years, with half a dozen new ones scheduled to open in 2004, bringing the total to 36. Why the sudden boom?

Well, thanks to fertile farmland and a mild climate, grapes have always grown well in this state. In recent years, farmers have been looking for alternatives to traditional crops, such as tobacco. And demand—\$30 million in state-produced wine sales and \$2.9 million in grape sales in 2002—has attracted others to the industry. Not to mention the 1 million tourists who visit N.C. wineries and vineyards annually.

"We may not be Napa or Sonoma Valley, but North Carolina has a strong potential to become a popular destination for wine lovers. You can pretty easily visit more than a dozen wineries in a long weekend," says Bob Hodge, webmaster of the Yadkin Valley Wine Trail™ (visit [www.yvwt.com](http://www.yvwt.com)) and the North Carolina Winery Locator ([www.ncwine.com](http://www.ncwine.com)).

Because they are located in relatively rural parts of the state, many wineries and vineyards are served by North Carolina's Touchstone Energy cooperatives.

### Visit a Winery

Most wineries offer tours of their facilities and samplings of their wines

which range from free to \$5 and often include a souvenir glass (this fee is waived if you purchase wine). Many allow you to bring a picnic or purchase food on the premises to accompany your wine. The rural setting of most wineries and the fact that many grow at least some of their own grapes affords a picturesque setting appreciated by nature and wine lovers alike.

In addition to tours, tastings and wine sales, wineries offer all sorts of seasonal activities, some of which require extra fees. At RagApple Lassie Vineyards in Boonville, you can plant a vine in their vineyard, make a grapevine wreath, and go on a hot air balloon ride. Laurel Gray Vineyards in Hamptonville grows dozens of varieties of tea roses. Both Laurel Gray and West Bend Vineyards in Lewisville offer hayrides. Quite a few, such as Shelton Vineyards near Mount Airy, feature live outdoor music during the summer, plus Shelton makes its own cheeses. And others, like Silver Coast Winery near Ocean Isle Beach, hold themed festivals including the "Blue Grass Festival," "Purple Feet Festival," "Oktoberfest," and "Festa Italia." Be sure to call and confirm hours, events, fees and directions before you go.

Many of the wineries are still small enough to offer perks you might not find at bigger, more commercialized facilities.

You'll often be able to converse with owners, managers and other people directly involved in the grape growing or wine making process.

It's this uniqueness and diversity that Janet Martin, owner/manager of Round Peak Vineyards in Mount Airy, encourages people to discover for themselves. "All of the wineries are so different. They really reflect the personalities of their owners and the local area."

### Follow the Yadkin Valley Wine Trail

There are 10 operating wineries and vineyards along the Yadkin Valley Wine Trail™, located in the Piedmont region of North Carolina. In 2003, this region earned the federal designation of Yadkin Valley Viticultural Area in recognition of its unique features, ideally suited to growing high-quality grapes with the potential to produce world-class wines. The region is within an easy drive of Winston-Salem, Greensboro and Charlotte.

### Pick your own

There are also 250 vineyards in the state. Vineyards produce grapes while wineries produce wine from grapes, some of which they may grow in their own



vineyards. Some vineyards offer pick-your-own options at grape harvest time in September and October. Thirty-six vineyards in North Carolina grow our nation's first cultivated wine grape—the scuppernong. These bronze-colored native muscadine grapes were first discovered in the Cape Fear River Valley in 1524. The scuppernong is North Carolina's state fruit. Purple or black varieties are simply referred to as muscadines.

After picking your own scuppernongs, you can turn them into juice, jelly, butter, ice cream, pies and more. Or savor the juicy grapes raw, using the proper technique. Visit [www.ncwine.org/recipe.htm](http://www.ncwine.org/recipe.htm) for recipes and to learn how to eat a scuppernong.

### Frequent festivals

If you'd rather go to one place and taste-test the offerings of a number of different wineries, a festival may be the ticket. Some festivals charge a fee up front, while others, like the Yadkin Valley Wine Festival, cater to families by offering free admission and only charging for wine tasting. You'll find all sorts of fun at wine festivals including children's activities like face painting, live music, food, car shows, arts, crafts and more. Visit [www.carolinacountry.com](http://www.carolinacountry.com) for a listing of festivals around the state.

### To learn more

There's nothing like a hands-on visit to a winery or festival, but it may mean more if you brush up on the history of grape growing and wine making in North Carolina. Pick up "A Guide to North Carolina's Wineries" by Joseph Mills and Danielle Tarmey. The book features historical and wine making information, plus tours of 22 wineries by region to help narrow your options. Call

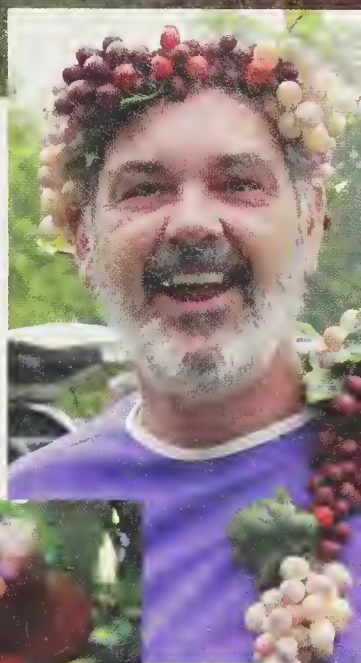
(800) 222-9796 or visit [www.blairpub.com](http://www.blairpub.com).

The majority of wineries have their own Web sites. Visit [www.ncwine.com](http://www.ncwine.com) for links to and details on state wineries. The site [www.yvwt.com](http://www.yvwt.com) provides information on wineries located in the Yadkin Valley Wine Trail™. Also, [www.ncwine.org](http://www.ncwine.org) is the N.C. Department of Agriculture's site that covers a variety of topics including history, recipes, statistics, starting a winery and more. Find additional links and photos at [www.carolinacountry.com](http://www.carolinacountry.com).

*The vineyards at Shelton Vineyards in Dobson. [www.sheltonvineyards.com](http://www.sheltonvineyards.com)*

*Gary Maxey, dressed as "Bacchus" the Roman god of wine, samples wines at the 2003 Yadkin Valley Wine Festival. (Photo by Bob Hodge)*

*North Carolina's oldest winery, Duplin Winery, grows muscadine grapes known as "scuppernongs" in addition to others.*



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# THE CAMPING TRIP

*True stories of roughing it, falling in love and learning the meaning of life in the wilderness*

**A**nyone who really loves camping knows to expect problems and discomfort on every camping trip. Part of the joy of camping comes in the suffering.

I remember my first camping trip with two of my girlfriends and a crummy, borrowed tent. We camped on Hatteras Island at the KOA campground in Rodanthe. We had nothing. No bug spray, sunscreen, sleeping bags or money. The only thing worse than the head-to-toe mosquito bites was the ouch-red sunburn. We lived off hot dogs and chocolate chip cookies for three days. But then one night we walked out onto the dark beach and found it alive with bonfires. I didn't understand the crowds of people until I gazed upward to see a total lunar eclipse, the first one I'd ever seen. It was an awesome moment.

That's the magic of camping: the possibility of what might happen and what you might see or do. It's the lasting memories that you create with your friends and family when you're all gathered around a campfire instead of a television.

My husband and I have camped countless times since then, all over this fine state. We've gone from a tent, to a pop-up to a large camper that stays at the beach. When our girls get a little older, their dad will dust off the tent, I'll bring the air mattress (and I won't forget the pump), and we'll head out for a family adventure so we can enjoy the magic of camping through their eyes.

*Kim Whorton Tripp  
Contributing editor*

## MISSING MOMMY

My husband and I had been married about a year in the summer of 1974. We loved camping. We decided to take our nieces on a weekend camping trip to the North Carolina mountains.

The girls had a younger sister about age 4. Because of a bad experience, she refused to go anywhere without her mother. After counseling, her parents were told that she was just spoiled and should be forced to spend time away from her mother. It was decided that she would go on this trip with us.

It was horrible. She cried the entire weekend. We took them to the "Land of Oz." She screamed the whole time. We took them to Tweetsie Railroad. Same screaming. What's more, it rained every night. We woke up each morning lying on the cold, hard, wet ground. Our air mattresses were flat. One night we left a bag of trash outside of our tent. A skunk spent the night in the bag. The next morning we had to wait in the tent until the skunk left.

When we finally started home, my niece stopped crying.

The next time we went camping, we took a pop-up camper and left the girls at home.

*Connie Fortner  
Stony Point  
EnergyUnited*

## CLOSE QUARTERS IN EMERALD ISLE

In April 1968 we took our first camping trip in our new 15-foot Shasta travel trailer. We were an Air Force family new to North Carolina and were anxious to see something of our new home state.

It was quite a chore to gather up our seven children, pack all of the necessary supplies and camping equipment, and hitch up the camper to our 1965 Buick Sportwagon. We headed east. An hour-and-a-half later, we were waiting in line for the ferry to take us across the sound to Emerald Isle.

We found a nice campsite at Camp Ocean Forest next to the Bogue Fishing Pier.

Daytime was fun with swimming and fishing, but bedtime was another story. Packing nine people into the limited space of a 15-foot camper is quite a feat. Each of the children had their own spot—three on the table that converted to a bed, one with my husband and me in our bed, and two on the floor. The baby's bassinet had to be fitted in where there was room. It usually took half an hour for the children to stop laughing and settle down.

That weekend everyone got a Bogue Pier sweatshirt. The shirts were passed down through the family as they were outgrown. Two of our grandchildren even inherited shirts.

**T**hanks to everyone who sent in a story of your most memorable camping trip. See more at our Web site: [www.carolinacountry.com](http://www.carolinacountry.com)  
For the rules and themes in our "Nothing Could Be Finer" series, see page 18.



# LL NEVER FORGET

These were hectic but very happy times. We liked the coastal area so much that in 1984 we moved to the coast and now live on that “old ferry road.”

*Evelyn J. Wegman  
Swansboro  
Carteret-Craven Electric Cooperative*

## ALMOST OKAY

It was March in North Carolina—you know the time of year when it gets in the 70s and 80s in the daytime and the 30s and 40s when the sun goes down. Brian planned a camping trip for us, and he invited his cousin and his cousin's girlfriend. He had everything, and he told me “all you have to do is bring your clothes.”

We put up the tent next to a pond in the prettiest place I had ever seen. We were so in love; it was the best day. He didn't bring any food. But it was okay. No toilet paper—well, it was okay. The sun went down and it was getting colder and colder. Brian built a fire, and it was okay.

When we got in the tent to sleep, I was shivering. We covered up with a thin sheet. I got a little upset and asked Brian why he didn't bring some covers. He said he did—Greg and Robin had them. I jerked those covers off of them and we all tried to cover up. It was not okay.

I got up and took my blanket out to the fire that was almost out. I stomped around in the woods, breaking limbs and sticks for the fire with no flashlight. The moon was full, so that was okay. I got the fire going and lay down beside it on the ground.

## ROMANCE IN CHEROKEE

We had only been dating for a few months when my parents invited him to go with us on our annual family camping trip to Cherokee.

“Are you sure?” I asked, seeing as how they had never allowed us to take dates on family trips before.

“Of course,” they replied. “You'll marry him one day.”

Unsure of this prediction, I agreed to let him go with us. I thought I could at least enjoy his company—he seemed nice enough.

Somewhere between the verses of the good old gospel songs led by my grandpa on the banjo, I fell in love with the love of my life. The romantic, picturesque views of the Smokies only added to the mood. We began to cherish every moment together.

Our love continued to grow. He proposed to me five months later at that same campsite on Valentine's Day. We reserved the site for our honeymoon six months later.

Now we've been married almost six years and have a precious baby boy. We try to go back annually to relive fond memories of the camping trip nobody in the family will ever forget.

*Sarah Wild  
Elkin  
Surry-Yadkin EMC*

When I woke up, it was almost daylight. Brian was fishing. He hooked a seven-pound carp that really fought. Brian wanted me to feel it, so he let the fish swim away, and I reeled him in. The fish was jerking and pulling. We laughed so hard when we let him go and he swam back to us.

My hair was standing straight up. I had makeup and ash soot all over my face. I was so dirty from sleeping on the ground. We must have really been in love.

We still laugh about that trip almost 14 years later. Brian has become a good camper, and it's really okay.

*Jackie Campbell  
Bostic*



*In 1997, romance bloomed for Stephen and Sarah Wild at the KOA campground in Cherokee.*

## CAMPING, CITY-GIRL STYLE

This story involves my father and mother who have now been divorced more than 20 years. My father loves the outdoors and many years ago decided to take my mother, a city girl, camping for the weekend.

The weather started to get warmer and warmer and my mother knew the only solution to a hot summer day was air conditioning. To my dad's surprise, my mother had packed a small window air conditioner. This was very strange to my father, but even stranger was what the other campers saw when they awoke the next morning. Imagine a 1974 station wagon with side paneling, sporting an A/C unit in the rear roll-down

*continued on p. 18*



## Send us your best Earn \$50

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures. You don't have to be the best writer. Just tell it from your heart.

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#### "Being a Teenager Today"

What are you going through? Or: How does it compare to when you were one?

Deadline: April 15

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#### "Our Money Pit"

What was the biggest waste of money you remember?

Deadline: May 15

### AUGUST 2004

#### "Was I Wrong?"

Lessons you learned the hard way.

Deadline: June 15

### SEPTEMBER 2004

#### "My Favorite Photo"

North Carolina people and places. Digital ones must be 300 dpi and printable size.

Deadline: July 15

### OCTOBER 2004

#### "If I Were Governor of North Carolina"

What would you do?

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#### "Mama's Cooking Was Always the Best"

Send a recipe, if you have one, and photos.

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### DECEMBER 2004

#### "Meeting Your Grandparents"

Something you never knew about a grandparent.

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### The Rules

1. Approximately 200 words or less. We retain reprint rights.
2. Only one entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mail or typed, if possible. Otherwise, make it legible.
5. Include your name, e-mail co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncencs.com. Or through the Web: www.carolinacountry.com

window with two pieces of cardboard along its sides. And inside this "luxury" vehicle—a full-size mattress and two frozen young lovers! How's that for roughin' it?

*Mistie Cole*

*Elizabeth City*

*Albemarle EMC*

### SURPRISE TRIP TO HOT SPRINGS

In August 1988 my husband, Gene, turned 30. I planned a surprise camping trip to Hot Springs for 17 people, and didn't tell him about it until right before we took the trip.

The National Forest Service campsite at Hot Springs in Madison County is beautiful. It is on a jig of the Appalachian Trail, with primitive facilities. We went whitewater rafting on the French Broad River with the Nantahala Outdoor Center and had a great time. Everyone still talks about the thunderstorm that came through on our last night there. It just echoed through those mountains and left everything so clean and sparkly the next morning.

*Elizabeth Chalk*

*Youngsville*

*Wake EMC*

### HOOKS, BUGS AND BLUE BEARDS

Labor Day weekend, 1959, we took our first camping trip in a black 1951 panel truck to Seneca Park, Md. This truck had only one seat—the driver's—so I rode in a rocking chair. When my husband, Landon, would brake, I rocked forward, and when he took off, I rocked backward. Our three small children thought this was very funny and laughed all the way.

On the way to the park, our daughter got a fishhook caught in her arm. After all of the screaming and crying, we got the hook out and continued on our way.

That night at the park, I asked my husband to keep the windows shut, because of a loud group up the road. During the night, I felt water dropping on me and I woke my husband. He turned the light on and there was condensation dropping from the ceiling. We opened the windows and went back to sleep only to be

awakened by buzzing and biting. Landon turned the light on again to find hundreds of mosquitoes on the ceiling. He took care of this, and we finally slept.

The next morning, as we were eating our breakfast by the river, caterpillars fell on our plates. At this point, we decided to move on to Patapasco State Park which was better equipped for inexperienced campers.

The first night we nearly froze to death. So the next day we went to a shopping center, bought two cheap blue blankets and that night we slept warm and good. Landon had not shaved for several days so he had accumulated a little beard. The next morning, I woke first, then one by one, the children popped up their little heads and started laughing at their father. He had all this blue fuzz in his beard from the blankets. He was a true blue beard, and we continued to laugh as he picked it out.

That night we had grilled pork chops and a wonderful dinner cooked outside. It was dark before our dinner was ready, so Landon climbed a tree over the picnic table and hung a flashlight from it so we could see to eat. Most of the other campers had tents and Coleman lanterns, but I know they didn't enjoy it any more than we did.

*Ona B. Deane*

*High Point*

*EnergyUnited*

### RIVER BEAR FINDS A HOME

My dad and I wanted to go camping. After days of planning, we decided to camp out on the riverbank behind our house. I set up the tent, sleeping bags and some other gear so that we would be ready.

About 10:30 or 11 p.m. that night we went to the campsite to settle in. Just before looking at the back of our eyelids, my dad said, "Wake me up if you hear a bear or a wampus cat or something." Man, was that one long night. It got down to about 55-60 degrees and the dew fell on us. You never fully realize how cold it is until you go to sleep with no heat.





I woke up cold that morning, walked down to the river and wouldn't you know it. There was a dag gum bear caught in debris smack dab in the middle of the river. The real strange part about it: the bear was stuffed. Who would want to get rid of a stuffed bear?

So I went back to the house to grab a rope so my dad could lasso him. We got him to the bank, and I cleaned all the leaves and mud from his fur. We hung him up in the garage. We tried to find the bear's rightful owner because we thought he might have been stolen.

From this camping trip, I learned two things:

1. Never go camping without your gun, because you never know what you are going to run into. 2. Sleep in your own bed when you get the chance. It's a lot safer and warmer.

Michael Wade  
Pikeville  
Tri-County EMC

## CAMPING WITH DAD AT LINNEY'S MILL

I will never forget when the Cub Scouts went camping at Linney's Mill. We set up our tents, and then we grilled hot dogs for supper. We roasted marshmallows, made s'mores and told ghost stories over a big campfire. The next day, we rode bikes and put our feet in the cold water. Before we left, Mr. Linney showed us around the mill. We learned how the water wheel runs and how they make cornmeal.

The best part about the trip was that I went with my dad who is the Cub Scout leader. His name is Cecil Marlowe.

Dakota Marlowe, age 9  
Union Grove  
EnergyUnited

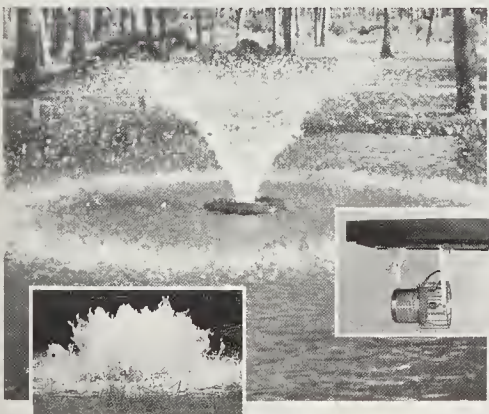


Cub Scout leader Cecil Marlowe (above) took his son Dakota and fellow Cub Scouts camping at Linney's Mill.



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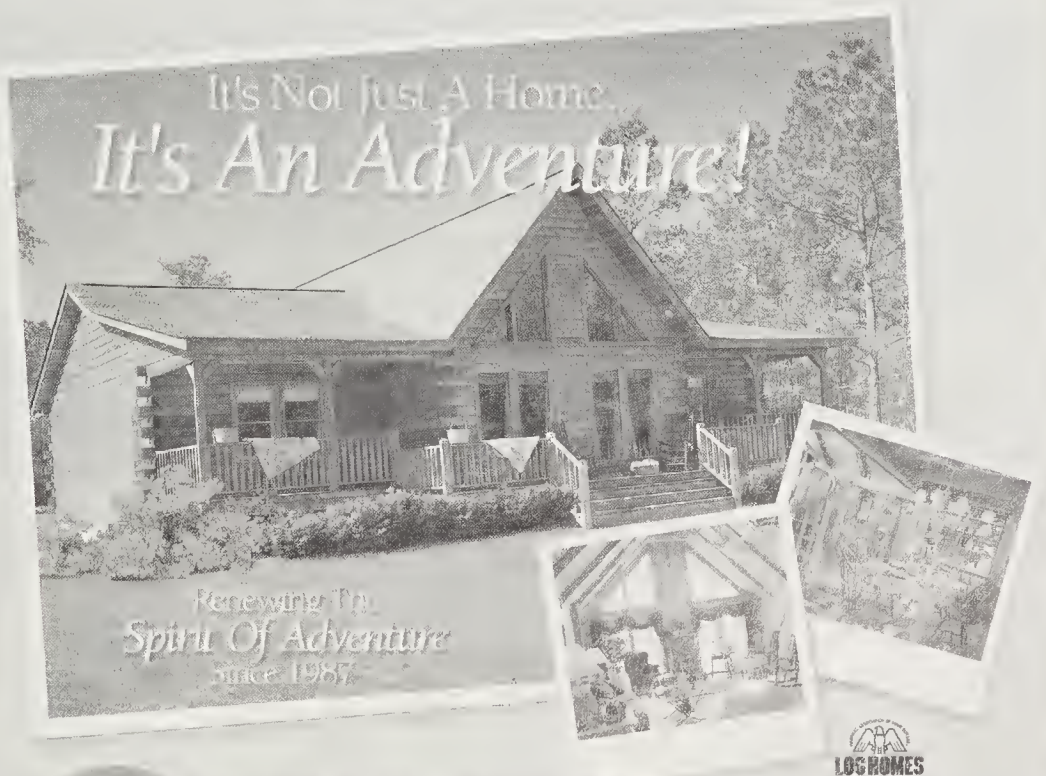
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# Traveling With Your Baby



*Here are 11 tips to make traveling with your baby more comfortable and enjoyable for both you and the baby.*

Taking a trip is stressful. With its expenses, time changes, cooped-up conditions and rigid schedules, travel can be a stressful and exhausting endeavor. Now add a baby to the mix.

"As with everything regarding a baby, travel can be fatiguing," says Penny Warner, co-author of "365 Baby Care Tips" (Meadowbrook Press; \$9.95). "But it doesn't have to be miserable."

"There are many things you can do to minimize the stress of taking your infant with you," says co-author Dr. Paula Kelly. "You can even make it fun."

In their book, Warner and Kelly offer scores of ideas for making sure your trip with your tiny one goes well. So make the journey an adventure, not a chore.

Regardless of how far you are traveling or by what method, there are several steps you can take to ensure that things go smoothly.

"The first thing to remember is that unexpected delays have a way of happening when it comes to babies," Warner says. "So allow plenty of time for packing and travel."



## Preparation

**1** Make sure that the baby's diaper bag is well stocked and accessible. But don't get so caught up in packing for the baby that you forget your own needs. Bring along snacks for both of you, and dress yourself and your infant appropriately for the conditions.



**2** If possible, feed and burp your baby before you go. Having her take a nap before departure time is a good idea too. When you're ready to leave, take along some toys or stuffed animals to keep your baby entertained.

**3** Of course, avoid traveling with your baby if she appears ill or isn't feeling well.

## Traveling by car

**4** The most vital thing to remember is to strap your baby into an age-appropriate, government-approved car seat. Always wear a seatbelt yourself as well.



**5** Make sure that all fingers are out of doorways. After closing the doors, lock them and check to see that children cannot open them without your permission.

**6** Before you hit the road, verify that objects in your car are secure and won't fly around if you have to make a sudden stop.

**7** When you're driving, keep your eyes on the road. If your baby needs attention, pull over rather than try to fix the problem while driving. The goal is to make travel as easy on your child as possible. And you will certainly appreciate less drama along the way, to say nothing of the relief of any fellow passengers.



## Traveling by air

**8** Ask for bulkhead seating because that area tends to be roomier. If possible, travel with another adult who can help you with your baby's needs during the flight. During takeoff, give your baby something to suck on to normalize the pressure in his ears. Nursing him or giving him a bottle or pacifier is also a good idea.

**9** Ask the flight attendant to warm your baby's bottle. Just be sure to check its temperature before giving it to your infant.

Walking your baby up and down the plane's aisle (when it is **10** safe to do so) will break up the monotony for both of you. In addition, your fellow passengers will appreciate seeing an adorable, well-behaved infant among them.

Be sure to pack a changing pad and plenty of extra diapers.

**11** You never know if you're going to be stranded at the airport or circling for hours.



## *So many places to visit, so little time!*

FROM THE COAST TO THE MOUNTAINS, North Carolina offers an abundance of family fun. Here is an assortment of kid-friendly attractions for children, teenagers, parents and grandparents to enjoy. Schedules vary according to season and weather, so we recommend calling ahead before visiting to find out the most current information for each attraction. — *Karen House*

### **Natural Science Center**

This hands-on museum combines the love of learning with fun. Kids can view the sun in the solar observatory, take a trip in the deep-sea adventure maze and gawk at a 36-foot Tyrannosaurus



Rex model in the dinosaur gallery. Other features include a gem and mineral gallery and a petting zoo. The planetarium offers shows throughout the day, where you can "journey" through space and time to explore black holes, enjoy a introduction to backyard astronomy or watch an imaginative cartoon presentation about a cat who takes a trip to the moon. Public shows performed weekends include The "Wrong Brothers Airshow," showing the ways another two brothers just can't fly, and "Animal Idol," where a prairie dog, alligator, tropical bird and wallaby sing songs. The museum is adjacent to Country Park, which offers outdoor picnic facilities, a modern playground, two small lakes and nature trails.

Natural Science Center  
4301 Lawndale Dr.  
Greensboro, NC 27455  
(336) 288-3769  
[www.natsci.org](http://www.natsci.org)

### **Gem Mountain Gemstone Mine**

"You Find 'Em ... You Keep 'Em" is the motto at Gem Mountain. This family-friendly mining operation includes modern gem-washing facilities, a new go-cart speedway with 600 feet of banked track, and the Pit Stop Collectible Shop where you can purchase NASCAR models. The Sands of Time Museum tells the story of man and the tools used over time, and showcases artifacts and ceremonial masks. Gemstones to discover include local stones such as Crabtree Emerald and Brushy Creek aquamarine, as well as moonstones, garnets, citrines, rubies, sapphires and amethysts brought in daily. Gem Mountain is open from March through Dec. 31, except for Christmas Day.

Gem Mountain Gemstone Mine  
Highway 226  
Spruce Pine, NC 28777  
(888) 817-5829  
[www.gemmountain.com](http://www.gemmountain.com)

### **Denton Farm Park**

This unique historical park, open three times yearly, showcases steam, gas and antique farm equipment. The site includes a 15,000-square-foot exhibit building, a covered pavilion music hall, country store, church, plantation buildings, 19th century trampling barn, granary, blacksmith shop, slave house and smokehouse. Demonstrations include tractor, lawnmower and horse pulls. The schedule for 2004 events features the annual Doyle Lawson & Quicksilver Bluegrass Festival on May 6-8, the Southeastern Old Threshers Reunion June 30-July 4, and Horse and Mule Day, Oct. 29-31. Families can pitch tents at the on-site campgrounds or visit for the day.

Denton Farm Park  
1072 Cranford Road,  
Denton, NC 27239  
(336) 859-2755  
[www.threshers.com](http://www.threshers.com)

### **Wet and Wild Emerald Pointe Water Park**

Featuring more than 34 rides, "North Carolina's largest water park" is open weekends through September 1. Attractions at the attractively landscaped park include a 1.9 million-gallon Tsunami wave pool, relaxing Lazee River, and thrilling Dare Devil Drop water slide, reportedly the tallest slide between New York and Atlanta. For small children, Happy Harbor provides 6,400 square feet of water play land. Changing rooms and showers are on site, and locker rentals are available.



Wet and Wild Emerald Pointe Water Park  
3910 South Holden Road  
Greensboro, NC 27406  
[www.emeraldpointe.com](http://www.emeraldpointe.com)  
(336) 852-9721  
(800) 555-5900 (in NC, SC, or VA only)

### **Lazy 5 Ranch**

Families can stay in the car or clamber aboard a horse-drawn wagon to view more than 700 animals during this unique 3.5 mile safari. Exotic animals at the ranch include rhinoceroses, giraffes, parrots, water buffaloes, antelope, elk and zebras. Visitors can pet and feed the animals with feed purchased at the site. The purpose of the 185-acre ranch is to educate as well as entertain, and affords opportunities for learning about endangered animal species. Other areas of interest include a blacksmith shop, gift store, horse barn, playground and picnic areas. The Lazy 5 Ranch is open daily year-round.

Lazy 5 Ranch  
15100 Highway 150 East  
Mooresville, NC 28115  
(704) 663-5100  
[www.lazyfiveranch.com](http://www.lazyfiveranch.com)



## Jungleland

You can have a ball on the two mini 18-hole golf courses, cruise around on the bumper boats, win a prize at the large game arcade and enjoy rides on the Giant Swing, the Himalaya, and the Dragon. At the game arcade, you can try your hand at Skee-ball, motorcycle and car racing and visit Jurassic Park. This theme park also includes a carousel. Rides, arcade and golf courses are open April through September (perhaps longer depending on the weather).

Jungleland  
2800 W. Fort Macon Rd.  
Atlantic Beach, NC 28512  
(252) 247-2148  
[www.junglelandnc.com](http://www.junglelandnc.com)

## Richard Petty Museum

A salute to the king of NASCAR racing, the 12,000-square-foot museum displays Richard and Lynda Petty's memorabilia to commemorate his career. Items also pay tribute to the racing careers of Lee, Kyle and Adam Petty. Included are trophies, awards and cars King Richard raced, including the famous 1970 Plymouth Superbird. There is also a special family section that features other Petty collections,



including Richard's gun and pocket watch collection and Lynda's 960 antique and limited edition dolls. Visitors can also view on video exciting moments of Richard's career, along with photos of his crash at Daytona Speedway. The site includes a gift shop.

Richard Petty Museum  
142 West Academy  
Randleman, NC 27317  
(336) 495-1143  
[www.pettyracing.com/www2/main/museum.shtml](http://www.pettyracing.com/www2/main/museum.shtml)

## USS North Carolina

Located across the Cape Fear River west of downtown Wilmington, this carefully restored battleship features nine decks, mess deck, sick bay and barbershop. The ship was commissioned in 1941, served in all twelve major Pacific naval campaigns in World War II, and is a stately memorial of North Carolinians who gave their lives in the war. The self-guided tour reveals much



about military life in the 1940s. Visitors discover the show-boat battleship was like a self-contained city, with officer's and men's quarters, hotel facilities, diners, movie theater, church, post office, newspaper, laundry, ice cream shop, soda fountain and repair

shops used by the men who served aboard. There are also exhibits to view before going onboard as well. The battleship is open daily year-round.

USS North Carolina  
(At Highways 17-74 and 76-431)  
P.O. Box 480  
Eagles Island, NC 28402  
(910) 251-5797  
[www.battleshipnc.com](http://www.battleshipnc.com)

## Tweetsie

Tweetsie takes you back in time to the Wild West, where the U.S. Marshal fought off howling renegades and would-be train robbers. It also means game arcades, live music, Country Fair rides, Palace Saloon shows, petting zoo, a mining town where you can search for gold, and a three-mile journey on the famed, steam-powered Tweetsie train. The park, located in the Blue Ridge Mountains, is scheduled to open April 30. A new offering is the Tweetsie Twister ride on Miner's Mountain. Upcoming events include a Magic Festival, a Western Heritage Weekend, performances by the Grammy-winning "Riders in the Sky" musical group, and the "Incredible Dog Team" show.



Tweetsie  
Highway 321  
Blowing Rock, NC 28605  
(828) 295-7111  
(800) 526-5740  
[www.tweetsie.com](http://www.tweetsie.com)

## Paramount's Carowinds

This giant theme park outside Charlotte offers 105 action-packed acres with more than 50 rides, WaterWorks, a 13-acre water park playground, and other shows and attractions. The BORG Assimilator, Carowind's newest roller coaster, takes brave riders through eight inversions and 2,781 feet of curves, drops and sweeping turns. Visitors can meet television characters such as Scooby-Doo and Jimmy Neutron and experience Paramount's Magic of the Movies Live, a high-tech interactive show.

Christian, pop and country music stars perform in the Paladium Amphitheatre. A county fair section has a NASCAR simulator and bumper cars. The park, the largest theme park in North Carolina, is open weekends through May, open daily during the summer and back to weekends starting mid-August.

Paramount's Carowinds  
14523 Carowinds Boulevard  
Charlotte, NC 28273  
(800) 888-4386  
[www.carowinds.com](http://www.carowinds.com)



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# Keep your keyboard and mouse from killing you

Despite the promise of voice recognition and the allure of HAL, the talking (and listening) computer from the film "2001: A Space Odyssey," the vast majority of us still peck at a keyboard and push around a mouse to get our computers to do what we want.

Voice recognition, except for those unable to use their hands, remains a slower, less productive input technology.

I recently went on another odyssey in search of the perfect input device, tired of the wear and tear on my body that my current setup was causing. I was periodically pinching nerves on the same side of my neck as the arm I used to reach for my ergonomic mouse. The pain would last only a day or two, but it was a warning.

Computer mice cause the most computer injuries, says Deborah Quilter, author of "The Repetitive Strain Injury Recovery Book" and the Web site RSIHelp.Com ([www.rsihelp.com](http://www.rsihelp.com)). From having previously tested out different mice and trackballs, I concluded it wasn't my mouse itself that was causing me problems but my repetitively reaching for it.

So I hunted around for keyboards with built-in pointing devices, which would let me keep my arms close to my body, and for other ways to heal myself. The good news is that I believe I've succeeded, even though I didn't find the perfect solution. The bad news is that my solution may not work for you. Though we all share much of our physiology, we're all different as well. On the other hand, perhaps one of the products I looked at, which didn't work for me, will work for you.

At the high end, the DataHand Ergonomic Keyboard ([www.datahand.com](http://www.datahand.com)), starting at a pricey \$995 and with a steep learning curve, keeps the motion of your wrists, arms, and shoulders to an absolute minimum. Consisting of two modules into which you place your fingertips, it's a device to consider when less radical options haven't worked.

The Kinesis Evolution Keyboard ([www.kinesis-ergo.com](http://www.kinesis-ergo.com)) is a clever, versatile split keyboard onto which you place a touchpad — either on the right or left modules or optionally a touchpad on each. Starting at \$299, it comes with a built-in palm rest, which you may like but I didn't. It prevented me from using a wrist rest I earlier had custom built to keep my forearms high off the keyboard and stopping my wrists from bending up, a frequent cause of wrist injuries.

The Focus 7200 Trackball Keyboard, distributed among others by Fentek Industries ([www.fentek-ind.com](http://www.fentek-ind.com)), is very affordable, starting at \$45.95, and the trackball is in the front of the keyboard, where it should be. But the keys are too



wobbly for my taste, and the location of the Power key — where the Page Up key is on many other keyboards — caused me several times to mistakenly power down my computer while working.

The unit I settled on was Unicom's Endurapro 104 (<http://store.yahoo.com/pckeyboards/keyboards.html>), a \$99 device that's almost perfect. It features the same kind of built-in pointing stick on laptop computer keyboards and the same "tactile click" keys on classic IBM keyboards.

My only real gripe was the small Enter key, though it would have been nice also if the unit were programmable and came with a USB instead of a PS/2 connector.

Perfection could be had by finding a company to design a single keyboard to my exact specifications. No such luck. DS International ([www.dsi-usa.com](http://www.dsi-usa.com)) of Glendale, Ariz., requires a minimum order of 500 keyboards, with development costs typically costing \$50,000 to \$75,000 per project and manufacturing costs added to this.

Whatever your hardware, reducing the use of your pointing device — mouse or otherwise — can help. What's more, despite the ergonomics of pointing devices built into keyboards, you can't move around as quickly with them as you can with a separate mouse.

Keyboard shortcuts are one solution, though they require you to memorize them. At the most basic, for instance, pressing the Control and S keys saves a file, preventing you from having to move the mouse pointer to the File menu and select Save. Check out the sites below for advanced shortcuts built in to popular programs.

- [www.microsoft.com/windowsxp/home/using/tips/personalize/keyboardsc.asp](http://www.microsoft.com/windowsxp/home/using/tips/personalize/keyboardsc.asp)
- [www.microsoft.com/enable/products/keyboardassist.asp](http://www.microsoft.com/enable/products/keyboardassist.asp)
- <http://help.netscape.com/netscape7/shortcuts.html>

Another solution is using a macro program to create even more advanced shortcuts yourself, which you can do along with using keyboard shortcuts. By automating frequently used procedures, a macro program can save on both mousing and keyboarding. EZ Macros ([www.ezmacros.com](http://www.ezmacros.com)), at \$29.95, is the best I've found.

---

*Reid Goldsborough is a syndicated columnist and author of the book "Straight Talk About the Information Superhighway." He can be reached at [reidgold@netaxs.com](mailto:reidgold@netaxs.com) or <http://www.netaxs.com/~reidgold/column>.*



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# THE EYES OF THE HOME SKIES

From emergency transportation and reconnaissance during hurricanes and floods, to inland search-and-rescue missions, to training young fliers, the Civil Air Patrol looks out for the homeland

By Peggy Howe

Known as "the minutemen" of World War II, they were volunteer, civilian aviators who patrolled and defended our nation's borders while the military geared up for action overseas. Prior to the war's outbreak, they organized among themselves, preparing their case and their airplanes to offer auxiliary services to the military. And on Dec. 1, 1941, a few days before Japan attacked Pearl Harbor, the civilian air defense became an official organization, the Civil Air Patrol.

One of the nation's first CAP squadrons formed in Manteo, Dare County. Like their counterparts along the Eastern Seaboard and Gulf of Mexico, fliers from North Carolina scouted and chased German submarines, including several off the Outer Banks, that were harassing and attacking U.S. merchant ships. After the war, the civilian planes were credited with identifying 173 enemy submarines, attacking 57 and sinking three. The CAP fliers were more nimble and just as courageous as the military fighter pilots in these missions and were later recognized for the key role they played throughout the war. And many were women. By the end of the war, women made up 20 percent of the Civil Air Patrol.

As the civilian auxiliary of the U.S. Air Force, today's CAP conducts nationwide programs involving nearly 62,000 cadets and senior members, including 2,900 from North and South Carolina associated with the North Carolina Wing, as state divisions are called. Nationally, CAP flies more than 4,500 aircraft, including about 4,000 member-owned planes. These volunteer fliers and support personnel perform more than 85 percent of the inland search-and-rescue missions assigned by the Air Force. Missions include disasters such as hurricanes, floods, tornadoes, earthquakes and volcanoes. CAP members save an average of 100 lives per year. When the World Trade Center twin towers were attacked on Sept. 11, 2001, CAP volunteers across the country sprang into action for such duties as transporting blood, monitoring airports, transporting government officials and manning state emergency operations centers. Since all commercial and private aircraft were grounded that day, CAP planes were the only non-military planes in the air.

Other CAP assignments include extra security for large gatherings such as the Olympics and the Super Bowl. More recently, as terror alert signals are elevated, CAP volunteers are helping with homeland defense as did the earliest sub chasers at Manteo.

At the first mention of any problem in North Carolina, as the State Emergency Response Team (SERT) convenes at state government's Administration Building in Raleigh, CAP representatives are there, too. During Hurricane Isabel in September 2003, Lt. Col. Arthur Parker, a longtime CAP



CAP Tennessee Wing

**A CAP cadet helps victims recover their belongings from tornado wreckage in Morgan County, Tenn.**

member now serving as N.C. Wing communications repeater officer, was on duty at the Emergency Operations Center in Raleigh, directing radio transmissions all over the region. He was communicating with CAP aircrews while they transported officials who conducted damage assessment for eastern North Carolina's Touchstone Energy cooperatives. CAP members from North and South Carolina, Tennessee and Virginia flew over the region, covering the entire disaster area from Wilmington to past Elizabeth City.

Throughout the hurricane recovery, said Lt. Col. Aaron Harper, director of the North Carolina CAP division, pilots reported wires down, relayed information to the statewide N.C. Association of Electric Cooperatives, assessed property damage, reported stranded livestock and people, photographed the area and relayed vital information to rescue and repair crews.

CAP pilots offered valuable information during many earlier storms as well, including last year's severe ice storm in the Piedmont, plus the memorable Hurricane Fran and especially Hurricane Floyd, with its subsequent extensive flooding.

During the 1993 Mississippi River flooding, members from North Carolina Wing participated in air reconnaissance of affected areas. In 1996, North Carolina Wing was involved with both hurricanes Bertha and Fran. During the Bertha mission, North Carolina CAP was the first to use, in an actual mission, a new digital imaging system for aerial photography. Images were immediately transmitted to a mission base where governmental emergency personnel got a first-hand look at the damage while the aircraft was still in the area.



Maj. Fred Eldredge, commanding officer of the Beaufort area squadron, recently described the CAP's work after Hurricane Floyd. "We did 'high bird' above the flood, then 'low and slow' along the beach to photograph the erosion, damage and new inlets that had formed. We [distributed] the photographs in real time by downloading them."

### Cadet and education programs

The state's CAP division, led by Col. Harper, is an agency of the N.C. Department of Crime Control and Public Safety. In addition to disaster relief and many other volunteer activities, members attend regular practice sessions for upgrading skills in all three areas where CAP focuses its mission: Emergency Services, Cadet Programs and Aerospace Education.

In its cadet programs, CAP offers young people age 12-21 opportunities for educational and professional development, including everything from their first airplane ride to scholarships for flying, educational programs, even leading up to scholarships to the U.S. Air Force Academy. There are almost 27,000 cadets nationwide. Three cadets in North Carolina's Raleigh-Wake squadron have received 4-year Air Force ROTC scholarships. CAP offers introduction to virtually any career related to flying "from music to meteorology."

The Aerospace Education arm of CAP extends to both its members and the general public. CAP's national headquarters at Maxwell Air Force Base in Alabama provides materials for the educational program. CAP is active in local schools and colleges, supporting curricula in aerospace technology and related fields. The programs are now reaching down into the elementary grades with field trips, science fairs, art contests and model building, plus teacher recognition for participation. Each year CAP supports more than 100 college, university and

NASA workshops, reaching hundreds of thousands of educators across the country. Teachers are eligible to attend the annual National Congress on Aviation and Space Education. More recently, these educational activities have been extended to the growing home school population.

### First in Flight

The Rev. (Lt.Col.) Royce Beacham has served with the North Carolina Wing for more than 50 years. His father and he were instrumental in forming the first CAP squadron in Manteo in December 1941. He has served as chaplain for several North Carolina CAP squadrons. But his family goes back even further in the annals of American flight. His grandfather, William Thomas Beacham, was part of the U.S. Lifesaving Service crew helping the Wright Brothers as they worked getting their aircraft off the ground a century ago at Kitty Hawk. Among the records of that event is a photograph of a small boy and his dog running alongside the Wright flyer as it taxied across the dunes. That five-year-old was Col. Beacham's father, who grew up to serve in the U.S. Coast Guard and saw combat in both World War I and II. Col. Beacham himself served in combat during World War II in the U.S. Navy.

During the December 2003 observance of the First Flight Centennial in Dare County, Col Beacham was among the CAP cadets and senior members who joined National Park Service rangers from all over the country to help with various duties, including greeting visitors, crowd control, visitor screening and security. While there, cadets, seniors and visitors had a first-hand demonstration when a live emergency locator transmitter (ELT) sounded, accidentally activated by a helicopter on the field. These transmitters are on aircraft and boats, and they emit a homing signal when activated. CAP missions often involve

*continued on p. 28*

**Senior members of CAP's Northeast Region assisted in damage assessment and the transport of public officials after the terrorist attacks of Sept. 11, 2001.**







*Above photos from left: Lt. Col. Arthur Parker, N.C. Wing, shows ham radio equipment linked to satellite networks worldwide. (Photo by Peggy Howe). North Carolina Wing Lt. Col. Linwood Barkley unloading supplies needed by the American Red Cross after Hurricane Isabel in Sept. 2003. (Photo by Lt. Col. Anthony Biondo Jr., N.C. Wing). Lt. Col. Royce Beacham, a founder of the Manteo squadron, conducts cadet programs and serves as chaplain at summer encampments at military bases. (Photo by Peggy Howe).*

*continued from p. 27*

locating these ELTs. The ELT signal during the Centennial was located and turned off, said Lt. Col. Larry Ragland.

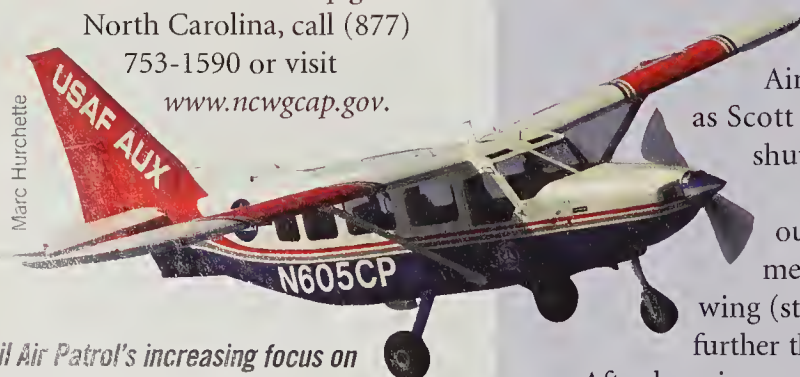
CAP's First Flight anniversary duty was led by Col. Ragland, a long-time CAP member, now serving as deputy director of NC Wing's Emergency Services. Another long-time CAP member is Brig. Gen. Dwight Wheless of Manteo, who as vice commander is the second-highest ranking officer of the Civil Air Patrol nationally.

The Civil Air Patrol welcomes new squadrons, cadets and senior members. For details, call 1-800-FLY-2338 or visit [www.cap.gov](http://www.cap.gov). In

North Carolina, call (877)

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*Civil Air Patrol's increasing focus on homeland security is evident in its recent purchase of this Gippsland GA8 Airvan. The Airvan offers more cabin room for observers and reconnaissance equipment.*

## My time with the Civil Air Patrol

While a senior member of the Civil Air Patrol for some years, I thoroughly enjoyed the diverse opportunities offered by CAP's local, state, national and even international programs. Among the highlights was IACE — the International Air Cadet Exchange — an annual summer program that acquaints CAP senior members and cadets from the U.S. with air cadet programs in other countries. Cadets from other countries also visit the United States programs. Begun in 1947, IACE now includes exchange programs in all parts of the free world.

Along with Capt. Gaye Findlay, a senior officer from Canada, my assignment was to lead 18 air cadets, approximately 17-18 years old, on a two-week tour of eastern Canada. Our group included girls from England, Ireland, Wales, France, Sweden and Holland.

Throughout the tour, we were guests of senior squadrons in Ottawa, Toronto, Montreal and the Niagara Falls area. Canadian senior and cadet members escorted our cadets as we toured military installations, government complexes and historic sites, and we enjoyed sightseeing and entertainment outings.

Since many of the visitors already were student pilots, activities included brief flights in varied airplanes as well as gliders.

A special treat in Toronto was observing the daily "tattoo," an elaborate musical presentation with drums, bugles and uniformed soldiers marching on parade grounds in front of government buildings.

For some, the IACE experience led to further careers. Some cadets and escorts formed long-lasting friendships, including me. One of our group, with her husband, attended the recent First Flight Centennial at Kitty Hawk and spent Christmas 2003 with us in Raleigh.

Another highlight is the annual National Congress on Aviation and Space Education, held in various convention sites throughout the U.S. The 2004 gathering is scheduled for Atlanta. The meeting, offered to educators nationwide, is designed to bring together all kinds of educators from across the country to learn from a variety of gifted speakers and motivational teachers. Air and space celebrities regularly appear, including such notables as Scott Crossfield and Chuck Yeager, and often members of space shuttle crews.

Other programs include check rides for pilots as well as various seminars on pertinent topics. In addition to regular local meetings, members can attend various other gatherings, including wing (state) meetings, regional and national meetings, each designed to further their practice and training, as well as to interact with other groups.

After learning and practicing, CAP volunteers are on call for emergencies — from your neighborhood to the entire nation.

*Former Civil Air Patrol member and flier Peggy Howe is a writer in Raleigh.*



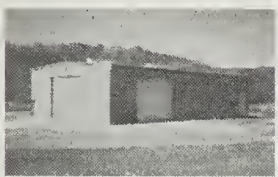
*Peggy Howe attending the International Air Cadet Exchange in Canada, 1984.*





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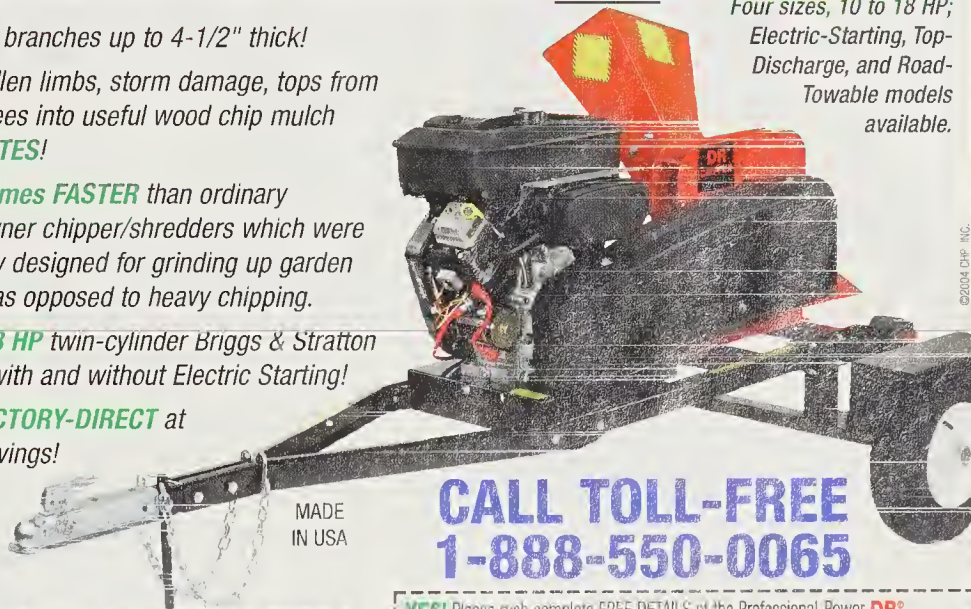
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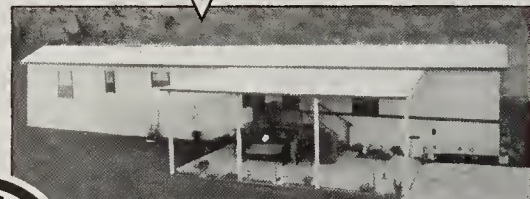
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Figure 1 is a schematic representation of the four experimental conditions. It consists of four horizontal bars, each representing a different condition. The bars are labeled (a) through (d). Bar (a) is the Control condition. Bar (b) is the 100 Hz condition. Bar (c) is the 100 Hz + 100 Hz condition. Bar (d) is the 100 Hz + 100 Hz + 100 Hz condition. Each bar is divided into segments representing different components of the experimental setup. The segments are labeled with numbers 1 through 10. The segments are arranged in a way that shows the progression of the experimental setup from the Control condition to the 100 Hz condition, and then to the 100 Hz + 100 Hz condition, and finally to the 100 Hz + 100 Hz + 100 Hz condition.

\_\_\_\_\_

W I L S O N

## MATCHBOXES

Answers on page 41.

D	D	O	O	M	M

$\div$   
 $\cdot$

U	M

$\times$

N

$=$


The eastern North Carolina county named in the answer to this equation was formed in 1777, the year after the Declaration of Independence was signed. It was named for an English earl who opposed taxation of the American colonies and thought the Stamp Act was unconstitutional. Match the boxes below with the boxes above to complete the equation. Then solve it and match boxes again to spell out the name of the county.

C	A	E	M	U	O	D	N
1	2	3	4	6	7	8	9

SOUTHERN  
exposure

Sol Schulman, Sylva's beloved merchant-philanthropist, died last November at the age of 93. He had closed his Main Street clothing store earlier in the year after 70 years at the same location.

His passing evoked a host of memories and anecdotes recounted in "The Man Who Lived on Main Street: Stories by and about Sol Schulman," a recently published book by Jan Schachet and Sharon Fahrner.

Jack Hinson, pastor at the Cullowhee Baptist Church, recalled that he had once found a pair of slacks in Schulman's store which he loved. But he noticed the pants were stamped "Imperfect."

"Are you perfect?" Schulman asked him. "No," Hinson replied.

"These are for you," Schulman concluded.

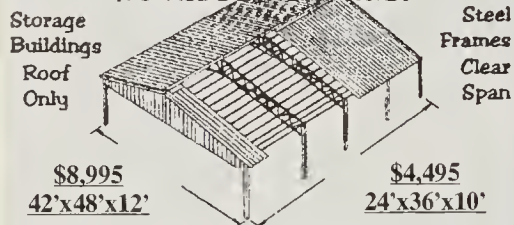


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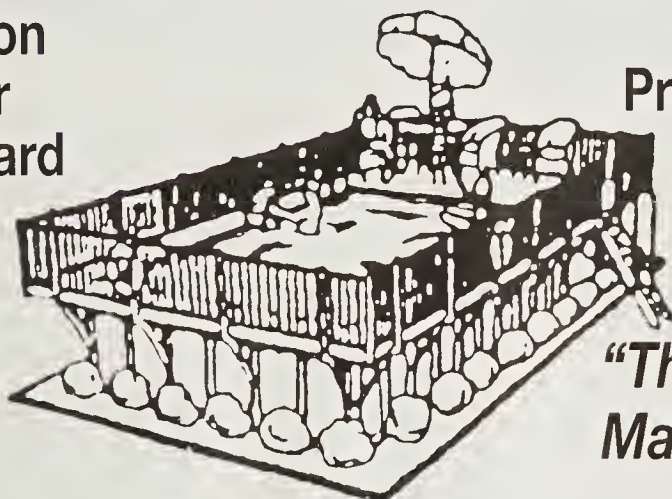
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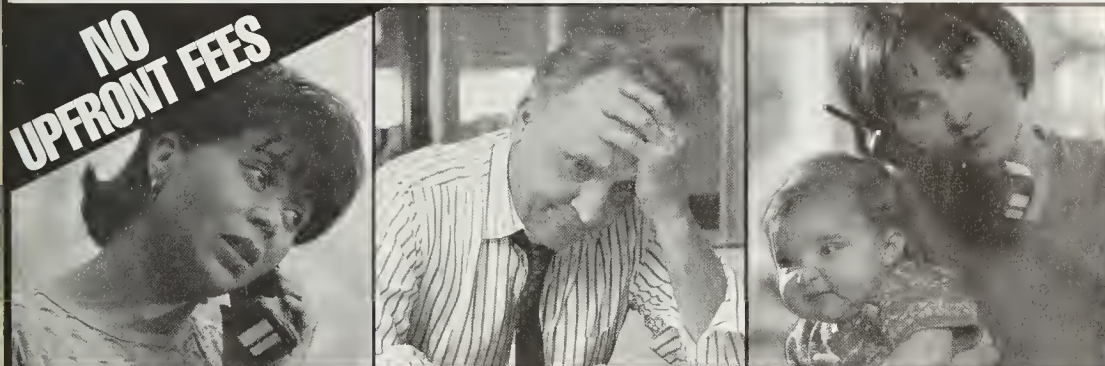
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\$200,000	30 YR. FIXED	\$1,119.94	5.37%	5.57%

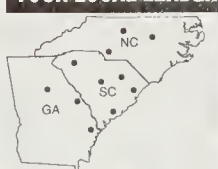
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# April *EVENTS*



*The Earth Day Festival will be held April 24 in Durham. Call (919) 560-4185 or visit [www.durhamearthday.org](http://www.durhamearthday.org)*

## MOUNTAINS (WEST OF I-77)

### Mountain Music

Friday Evenings, Old Fort  
(888) 233-6111

### Choir Festival

April 2-3, Waynesville  
(866) 456-3021

### "Annie"

April 2-5, Boone  
(800) 841-2787  
[www.boonenc.org/brct](http://www.boonenc.org/brct)

### Spring Fling

April 3, Asheville  
(828) 665-2492

### Craft Show

April 3-4, Lenoir  
(828) 437-5002

### Full Moon Cruise

April 5, Lake Lure  
(877) 386-4255

### Crafts Show

April 4-5, Black Mountain  
(828) 669-3842

### Spring Dance Weekend

April 10, Brasstown  
(800) 365-5724  
[www.folkschool.org](http://www.folkschool.org)

### Gold Festival

April 23-23, Marion  
(800) 959-9033  
[www.ncgold.com](http://www.ncgold.com)

### Guided Spring Walks

April 23-24, Brevard  
(828) 877-3130  
[www.cradleofforestry.com](http://www.cradleofforestry.com)

### NC Gold Festival

April 23-24, Marion  
(800) 959-9033  
[www.ncgold.com](http://www.ncgold.com)

### Migratory Bird Day

April 24, Brevard  
(828) 877-3130  
[www.cradleofforestry.com](http://www.cradleofforestry.com)

### Bluegrass On Mountaintop

April 24, Asheville  
(800) 358-6267  
[www.ticketmaster.com](http://www.ticketmaster.com)

### International Music

April 24, Pilot Mountain  
(336) 368-7111  
[www.sawbriar.com](http://www.sawbriar.com)

### Pioneer Day

April 24, Old Fort  
(828) 668-9259

### Canoe Paddle

April 24, Marion  
Free. (828) 652-5047

### "Salute To Elvis"

April 24, Elkin  
(336) 336-4081

### Ramp Festival

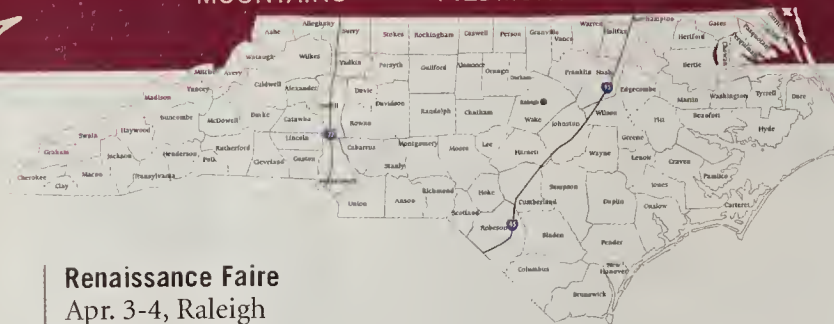
April 24-25, Robbinsville  
(800) 470-3790  
[www.grahamcountytravel.com](http://www.grahamcountytravel.com)

## PIEDMONT (BETWEEN I-77 AND I-95)

### Rites Of Spring

April 3, Charlotte  
(704) 568-1774  
[www.charlottemuseum.org](http://www.charlottemuseum.org)

## MOUNTAINS PIEDMONT COAST



### Renaissance Faire

Apr. 3-4, Raleigh  
(866) 468-7630  
[www.ncrenfaire.com](http://www.ncrenfaire.com)

### Civil War Encampment

April 3-4, Richlands  
(910) 324-5008  
[www.co.onslow.nc.us/museum](http://www.co.onslow.nc.us/museum)

### Big Lick Antique Festival

April 16-18, Oakboro  
(704) 485-4906  
[www.hinsonauction.com](http://www.hinsonauction.com)



*The Queen's Cup Steeplechase is set for April 24 in Mineral Springs. Call (704) 843-7070 or visit [www.queencup.org](http://www.queencup.org).*

### Puppet Shows

April 9-10, Winston-Salem  
(336) 779-6150.

### Davis Memorial Concert

April 13, Asheboro  
(336) 318-6810

### Organ Concerts

April 14, 21, 28,  
Winston-Salem  
(336) 721-7300

### Home & Garden Tour

April 14, Pinehurst  
(910) 692-9215

### Shakori Music Festival

April 15-18, Pittsboro  
(919) 542-8142  
[www.grassrootsfest.org](http://www.grassrootsfest.org)

### Amish Quilts & Crafts

April 16-17, Raleigh  
(717) 786-8487

### Studebaker Car Show

April 17, Salisbury  
(704) 636-2889  
[www.nctrans.org](http://www.nctrans.org)

### Fiddlers' Convention

April 17, Yadkinville  
(336) 463-5624  
[www.angelfire.com/music2/bluegrasscontest](http://www.angelfire.com/music2/bluegrasscontest)

### Michael Harrell Concert

April 17, Pilot Mountain  
(336) 368-7111

### Handbell Concert

April 17, Charlotte  
(704) 894-2983



## APRIL EVENTS

Now  
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## MOUNTAINS

**"Vintage Clothing—1870-1950"**

March 30-April 6,  
Kings Mountain  
Kings Mountain Historical  
Museum  
(704) 739-1019

**Architecture Photographs**

Through May 16, Asheville  
Asheville Art Museum  
(828) 253-3227  
[www.ashevilleart.org](http://www.ashevilleart.org)

**Youth Art**

Through April 17,  
West Jefferson  
(336) 246-2787  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

**Dinosaur Eggs**

Through May 16, Gastonia  
Schiele Museum  
(704) 866-6909  
[www.schielemuseum.org](http://www.schielemuseum.org)

## PIEDMONT

**Documentary Photography**

Through May 19,  
Durham  
(919) 660-3663

**"Art About Women"**

April 1-24,  
Hickory  
(828) 322-7545

**China on Tour**

April 3-Aug. 1, Raleigh  
(919) 834-4040  
[www.exploris.org](http://www.exploris.org)

**N.C. Artists Competitions**

Through May 9, Fayetteville  
Fayetteville Museum of Art  
(910) 485-5121

**"Soaring Symbols: Eagles"**

Through April 4, Charlotte  
Charlotte Museum of History  
(704) 568-1774  
[www.charlottemuseum.org](http://www.charlottemuseum.org)

**Titanic Artifacts**

Through April 18,  
Raleigh  
N.C. Museum of Natural  
Sciences  
(919) 733-7450  
[www.naturalsciences.org](http://www.naturalsciences.org)

**Bourke-White Photography**

Through May 2, Charlotte  
Mint Museum of Art  
(704) 337-2009  
[www.mintmuseum.org](http://www.mintmuseum.org)

**"Brain Teasers 2"**

Through May 8, Oxford  
Granville County Historical  
Society Museum  
(919) 693-9706

**U.S. In Iraq, Afghanistan**

Through May 16, Fayetteville  
Airborne & Special  
Operations Museum  
(910) 483-3003  
[www.asomf.org](http://www.asomf.org)

**Mexican Tomb Figures**

Through May 22,  
Winston-Salem  
Museum of Anthropology  
(336) 758-5282

**"26 Contraptions, A-Z"**

Through May 31, Durham  
Museum of Life and Science  
(919) 220-5429  
[www.ncmls.org](http://www.ncmls.org)

**World War II Posters**

Through Sept 1, Charlotte  
Museum of History  
(704) 568-1774  
[www.charlottemuseum.org](http://www.charlottemuseum.org)

## COAST

**Art Show**

Through April 18, Hertford.  
(252) 426-3041

**Scrimshaw Exhibit**

Through April 18, Beaufort  
N.C. Maritime Museum  
(252) 728-7317  
[www.ah.dcr.state.nc.us/sections/maritime](http://www.ah.dcr.state.nc.us/sections/maritime)

**Watercolor Exhibit**

April 1-May 31,  
Beaufort  
(252) 728-5225

**High Schools Art Show**

April 5-26, Manteo  
(252) 475-1506  
[www.roanokeisland.com](http://www.roanokeisland.com)

**Plantation Artists**

April 23-30, Hertford  
(252) 426-3041

**"Live" Painting**

April 22-24, Wilmington  
FountainSide Gallery  
(910) 256-9956  
[www.fountainsidegallery.com](http://www.fountainsidegallery.com)

**"Politics In Action"**

Through Nov 28, Wilmington  
Cape Fear Museum  
(910) 341-4350  
[www.capefearmuseum.com](http://www.capefearmuseum.com)

**Historic Gardens**

April 17, Charlotte  
(704) 568-1774

**Kiln Opening**

April 17-18, Seagrove  
(336) 873-7304

**Garden Tour**

April 17, Chapel Hill  
(919) 962-0522  
[www.chapelhillgardentour.org](http://www.chapelhillgardentour.org)

**Pickle Festival**

April 22-24, Mount Olive  
(919) 658-3113  
[www.ncpicklefest.org](http://www.ncpicklefest.org)

**Antiques Festival**

April 23-24, Liberty  
(336) 622-3040

**Old Jonesvilles Day**

April 24, Jonesville  
(336) 835-3426

**Truck & Tractor Show**

April 24, Winston-Salem  
(336) 764-1560

**Piedmont Farm Tour**

April 24-25, Pittsboro  
(919) 542-8142

**Swing & Jazz**

April 25, Salisbury  
(704) 633-1474  
[www.rccamusic.com](http://www.rccamusic.com)

*continued on p. 36*

*The Antique Tractor Festival, set for April 30-May 2 in Marshville, offers bluegrass music, crafts, food and a horseshoe tournament, along with tractor displays. Call (704) 624-6105.*



continued from p. 35

# APRIL EVENTS



**The acclaimed Raleigh Ringers present a handbell concert on April 17 in Charlotte. Call (704) 894-2983 or visit [www.rr.org](http://www.rr.org).**

## Earth Day Festival

April 24, Durham  
(919) 560-4185  
[www.durhamearthday.org](http://www.durhamearthday.org)

## Queen's Cup Steeplechase

April 24, Mineral Springs  
(704) 843-7070  
[www.queencup.org](http://www.queencup.org)

## Antique Tractor Show

April 30-May 2, Marshville  
(704) 624-6105

## Rail Days

May 1-2, Spencer  
(704) 636-2889  
[www.nctrans.org](http://www.nctrans.org)

## COAST

### (WEST OF I-95)

## Viking Festival

March 28-April 4,  
Elizabeth City  
(252) 335-3686

## Shad Festival

March 30-April 4, Grifton  
(252) 524-4356

## Azalea Festival

March 31-April 4, Wilmington  
(910) 794-4650  
[www.ncazaleafestival.org](http://www.ncazaleafestival.org)

## Easter Musical

Through April 17, Hertford  
(252) 482-4621

## Appalachian Music

April 2-3, Beaufort  
(252) 728-5991  
[www.downeastfolkarts.org](http://www.downeastfolkarts.org)

## Pig Cookin' Contest

April 3, Newport  
(252) 223-7447

## Garden Tour

April 3, Edenton  
(252) 482-8005

## Portsmouth Homecoming

April 7, Portsmouth  
(252) 728-2250

## Publick Day

April 7, Beaufort  
(252) 728-5225

## Christian Biker Rally

April 7, Morehead City  
(252) 223-0581

## Music Festival

April 7, Beaufort  
(252) 422-6161

## Homes & Art Show

April 7, Emerald Isle  
(252) 354-3691

## Spring Festival

April 9-10, Southport  
(910) 457-1755

## Arts & Craft Show

April 10, Buxton  
(252) 995-4551

## Piano Festival

April 10-11, Elizabeth City  
(252) 335-3686

## Herring Festival

April 12, Jamesville  
(252) 792-5006

## Contra Dance

April 17, Beaufort  
(252) 728-5991  
[www.downeastfolkarts.org](http://www.downeastfolkarts.org)

## Publick Day

April 17, Beaufort  
(252) 728-5225  
[www.historicbeaufort.com](http://www.historicbeaufort.com)

## Women's Bazaar

April 23-24, Edenton  
(252) 482-2512

## Horse Show

April 24-25, Williamston  
(252) 799-0334

## Homes Tour & Art Show

April 24, Emerald Isle  
(252) 354-3691

## Antique Show & Appraisals

Apr. 24-25, Greenville  
(252) 328-6336



**More than 100 artifacts showcase innovations from Chinese artisans in "China on Tour" at Exploris in Raleigh. The exhibit opens April 3 and runs through August 1. Call (919) 834-4040 or visit [www.exploris.org](http://www.exploris.org).**

## LISTING INFORMATION Deadline for May: March 25 | Deadline for June: April 25.

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## SURF iT!

About Thomas Edison and electricity: Thomas Edison's home page at [www.thomasedison.com](http://www.thomasedison.com)

About Biltmore House: [www.biltmore.com](http://www.biltmore.com)

About Belhaven Memorial Museum: [www.beaufort-county.com/Belhaven/museum/Belhaven.htm](http://www.beaufort-county.com/Belhaven/museum/Belhaven.htm)

## Oddball Museum



Think you've seen it all? An unusual museum in Belhaven features such eclectic items as fleas dressed up in wedding clothes, a dress worn by a 700-pound woman, Remington typewriters, old farm tools, Christmas memorabilia, period clothing, dolls, World War helmets and roughly 30,000 buttons. More macabre specimens include preserved animals. All items were the collection of the late Eva Blount Way (1869-1962), who couldn't throw anything away. Belhaven Memorial Museum is open 1-5 p.m. daily, except Wednesdays. Open year-round except for holidays. Admission is free, but donations are accepted. The museum is located on East Main St. (Business 264) on the second floor of the Old Belhaven Town Hall. Call (252) 943-6817.

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## A Look At...



**Name:** Annie L. Alexander

**Born:** Near Huntersville, in 1864

**Known For:** She was the first licensed female physician in the South.

**Accomplishments:** "Dr. Annie" attended Woman's Medical College in Philadelphia when she was 17 years old. Her southern relatives, outraged by her radical departure from feminine propriety, asked that her name not be mentioned in their presence. The year she graduated, three male medical students from another school crossed the street to avoid her, and one spat on her. "Dr. Annie" later became a familiar sight in Charlotte, riding in a carriage drawn by a horse. Her father, also a physician, did not approve of automobiles, so she delayed purchasing one until he died. She later adopted an orphan son left by a family she treated, and young Bob often accompanied her on house calls. She also fully funded college educations for several young people. "Dr. Annie" died of pneumonia at age 65 in 1929.

**Quote:** "I feel and imagine I look very professional sometimes, especially when I am operating." (at age 20)

(Source: "The North Carolina Century: Tar Heels Who Made A Difference 1900-2000")

## classroom chuckle

What state is high in the middle and round on both ends?

O-IH-O

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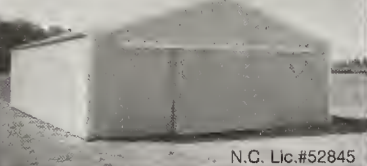
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## GARDENING FOCUS

### Staying alert to disease

Don't risk losing tomato plants to fusarium or Verticillium wilt. Buy varieties that are resistant to both. Among good ones for the South: Marion, Manalucie, Floralou, and Homestead 24. Avoid tall, spindly or leggy plants.

Prepare to control fire blight on apples and pears, and some ornamentals as photinia, hawthorn and crabapple. If you are planting apples or pears, use resistant varieties. For apples, Red Delicious strains are most resistant and Yellow Transplant and Lordi are most susceptible. Once the growing trees are infected, the disease is difficult to handle. Removing all infected fruit spurs and branches helps, but be careful. When taking out infected branches, make cuts well below dead bark, usually 10 to 12 inches.

To prevent disease from spreading from cut to cut, sterilize pruning shears after each cut. A chlorine bleach or alcohol may be used. Use antibiotic spray to fight fire blight. The antibiotic spray should contain streptomycin. Follow package instructions. Apply first spray when first blooms open; the second spray when center blooms open; and a third spray at full bloom.

**N**ow is the time for outdoor gardeners to prepare for summertime gardens by becoming "plant doctors." As such, we keep on the alert for insects and diseases. Check garden tools to be certain they're ready for service, adjust your lawn mower, make certain that fertilizers, insect and disease sprays and dust are appropriate, and visit garden centers to choose spring and summer flower and vegetable plants. Contact county Cooperative Extension office regarding soil tests and prepare to enjoy being outdoors!

### Border plantings

Plants selected for border plantings need to harmonize, and go with the color of your house if the bed borders the house. Select varieties to allow for low-growing plants in front, with taller ones in the center and the back of the bed. Your nurseryman can tell you the ultimate height of a plant. Use any combination of plants that you find pleasing. But for good landscape accent and combination, keep it simple.

A tried-and-true combination you might want to try is caladiums in front, salvia behind this, gloriosa double daisies next, and dahlias in the rear of the bed. A color scheme for this plan might be white caladiums, red salvia, yellow daisies, and any color of dahlia that appeals to you. Dahlias are available in numerous colors. Other attractive combinations are: Dwarf celosia (princess feather or cockscomb) in front to daylilies; Ageratum (Blue Mist or Blue Blazer) in front of yellow petunias; Dwarf marigolds or dwarf zinnias, all of one color - displayed in front of coleus (particularly the green-toned types); and Dwarf white periwinkle in front of red petunias or yellow marigolds.

Spring is fertilizing time for evergreen trees and shrubs, along with any deciduous trees and shrubs not fertilized in the fall. For individual shrubs, apply two to four cups of complete fertilizer such as 8-8-8, 5-10-10, or 10-6-4 per plant depending on plant size. Small plants will need less and extra large plants will need even more. It's best to rake back mulch, apply fertilizer, and then replace mulch. For broadleaf evergreens such as azaleas, camellias, and hollies, use half the fertilizer in early spring or after bloom. Apply the other half fertilizer a month to six weeks later. Do not apply nitrogen later than mid-July. Mixed fertilizers are fine for shade and ornamental trees that have not been fertilized regularly.

Balled-and-burlapped plants should have the ball of soil at least one-half as wide as the shrubs' top spread. If the ball of earth is quite small in comparison with the top, the shrub will have difficulty surviving the shock of transplanting. Further growth of any shrub depends a great deal upon its roots; yet this is the part a buyer seldom sees.

If you grow your own border and bedding plants

they should already have been seeded for planting in most areas. If you haven't, do it right away. Whether growing your own or buying transplants, you have many to choose from, with new colors and types appearing every year. Choose from coleus, salvia, petunia, marigold, zinnia, geranium, celosia, snapdragon, cosmos, periwinkle, and many others. Make the choice from tall, intermediate, dwarf plants, and creepers such as verbenas, depending on where they will grow.

Get a jump on the weather by starting plants indoors in clean, moist sand, peat moss, or vermiculite. Tubers can be placed fairly close together for sprouting. Transplant to outdoor beds after temperatures warm up. Caladiums do much better when plenty of organic matter (compost, peat, or well-rotted manure) is worked into growing beds. Also, mix in about three pounds of a complete fertilizer per 100 feet of row before planting. Sidedress with the same amount when plants are four to six inches high.

### "Hello Yellow"

Belamcanda chinensis (aka Dwarf Blackberry

Lily and "Hello Yellow") came to us from Japan. This relative of the iris has foliage that resembles a dwarf glad—until it is topped in July with 20-inch tall spikes of 1-inch around, buttery yellow flowers, followed by blackberry-like seed pods. It's a wonderful plant for a flower border or for mass plantings to capture stares.



*The dwarf Blackberry Lily works well as a border plant.*

### Sowing vegetable seeds

Sow or plant in warm weather: beans, carrots, squash, peppers, cucumbers, eggplant, okra, melons and tomatoes. Resow for additional cabbage and radishes. Sow or plant in cool weather: beets, peas, radishes, broccoli, spinach, Brussels sprouts, cabbage, lettuce, parsley, spinach, swiss chard and turnips. Sow or plant for one crop per season: eggplant, corn, leeks, squash, tomatoes, melons, peppers, potatoes and spinach (New Zealand). Plant peppers, early corn and tomatoes when dogwoods are in peak bloom or when daylilies start blooming.



For more April gardening advice, go to the "Carolina Gardens" section of [www.carolinacountry.com](http://www.carolinacountry.com)



# Fluorescents lower bills, raise visual focus

By James Dulley

**M**any people know compact fluorescent lights (CFL's) save money, but they are not aware of the other benefits of the high-quality light from special CFL's. You will probably want to buy different quality CFL's for various locations in your house. There are many shapes to fit any lamp or lighting fixture.

I have used standard CFL's for years to lower my utility bills, but I recently tested some of the new high-visual-acuity CFL's in my own home and office. I normally have to wear reading glasses to read the telephone book, but I can often read it under these new lights without my glasses.

It is important to understand the wattage rating of a light bulb measures how much electricity it uses, not the amount of light it produces. A standard incandescent light bulb consumes about 100 watts of electricity to produce the same amount of brightness as a 23-watt CFL. When you count up the number of light bulbs lit in your house at night, using CFL's gives a huge savings that you should notice on your monthly utility bills.

CFL's also last 10 to 12 times longer than incandescent bulbs (10,000 hours of usage compared to only 750 to 1,000 hours).

With many standard CFL's priced as low as \$7 today, the lower bulb replacement costs is an additional savings. You can purchase long-life incandescent bulbs, but they give off even less light for the amount of electricity they use.

Fluorescent bulbs work by ionizing a small amount of mercury, which produces ultraviolet light (UV) rays inside the bulb. When these UV rays hit a phosphor coating on the inside of the bulb or tube, it produces visible light. By applying different phosphors and combinations of phosphors inside the bulb, the quality and properties of the visible light vary.

The least expensive CFL's use a single-component halo phosphor. It is inexpensive to make, energy efficient and is acceptable light for hallways, closets and general lighting. These will have a CRI (color rendition index) of about 60 to 70. The CRI rating indicates

how true colors look under the light. The sun provides the truest color at CRI of 100.

The next level of CFL, which are produced by most of the major lighting manufacturers, uses a more expensive tri-phosphor coating inside the bulbs. This produces better quality light with a CRI of about 85. These companies also make more expensive CFL's with CRI's in the 95 range, which closely simulate natural daylight. You can find these only at professional electrical



*Some of the new compact fluorescent light bulbs.*

supply outlets and custom lighting shops.

The special CFL's that make it easier to read without glare and work with fine detail are often called "full-spectrum" because they simulate the full-spectrum light from the sun. Check for this on the packaging. Their CRI is in the 93 to 96 range, so they also produce natural-looking light.

They are actually much different than the other CRI-95 CFL's, though. These full-spectrum bulbs produce a higher ratio of scotopic light to photopic light, similar to the sun. Remember, humans have worked and read under artificial lighting for only about 100 years, so our eyes still are more effective (visual acuity) under natural light. Scotopic light is sensed more by the eye's rods (black and white) and photopic light effects the eye's cones.

Lawrence Berkeley Laboratory has done much research on the effects of scotopic light on vision. This causes the pupil of the eye to naturally close down, which reduces glare and increases the focusing depth of field similar to a camera lens. This is particularly effective for black and white vision such as reading and study.

When selecting your CFL's at the home center store, look for ones with integral electronic ballasts built into the base. The ballast controls the amount of electric current that flows through the bulb. Electronic ballasts reduce annoying flicker and any buzzing sounds.

If you have the lamp or light fixture on a dimmer switch, make sure to purchase dimmable CFL's. Standard CFL's will not operate if you attempt to dim them. There are also new three-way CFL's that will fit in any lamp with a three-way socket. For lamps with a large shade, consider using a circular CFL. These have a separate electronic ballast base that last three times longer than the replaceable bulbs.

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Write for (instantly download - [www.dulley.com](http://www.dulley.com)) Utility Bills Update No. 936—buyer's guide of compact fluorescent bulbs/fixtures (standard and full-spectrum), CRI light quality, ballast types, styles, and a room-by-room lighting guide. Please include \$3.00 and a business-size SASE.

#### Send to:

James Dulley  
Carolina Country  
6906 Royalgreen Dr.  
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**AWARD-WINNING SOUTHERN PIES**

These pie recipes come from the recipe book, "Sweet Tooth: Down-Home Meals and Blue Ribbon Desserts," by Sarah Ann Spaugh, newly-published by Carolina Avenue Press, of Booneville. The 215-page hardback book (8-by-8 inches) contains recipes from all eight food groups, but Sarah Ann is well-known for her desserts, especially her award-winning pies. She and her husband live on a farm near Winston-Salem. The book costs \$19.95 at bookstores. For more information, contact the publisher at Carolina Avenue Press, P.O. Box 775, Booneville, NC 27011. E-mail: carolinaavepress@yadtel.net

**Caramelized Pecan Chess Pie**

Second Place, nut category, APC's 2002 National Pie Championships (Amateur Division)

First Place, Winston-Salem Journal Classic Chess Pie Contest, Dixie Classic Fair

**CRUST:**

2 cups all-purpose flour  
 ½ teaspoon salt  
 ½ cup butter-flavored shortening  
 ¼ cup plain shortening  
 6 to 7 tablespoons cold milk

**FILLING:**

2 cups white sugar  
 2 tablespoons white cornmeal  
 1 tablespoon all-purpose flour  
 ¼ teaspoon salt  
 ¼ cup butter, melted  
 ¼ cup whole milk  
 1 tablespoon white vinegar  
 ½ teaspoon vanilla extract  
 4 large eggs, lightly beaten  
 Caramelized toasted pecans  
 (recipe below)

To make pie crust: Combine flour and salt in a bowl. Cut in shortening with pastry blender to form pea-sized chunks. Sprinkle with ice-cold milk, 1 tablespoon at a time. Toss lightly with fork until dough forms a ball. Roll out on waxed paper. Place in pie plate and flute edges.

To make filling: Preheat oven to 350 degrees. Stir together sugars, cornmeal, flour, salt, butter, milk, vinegar, and vanilla extract. In electric mixer, whip on high speed until light-colored and creamy, scraping down sides occasionally, for about 4 minutes. Add eggs and stir just until combined well. Add half of caramelized toasted pecans (about ½ cup). Pour mixture into pie crust. Bake 50 to 55 minutes, shielding edges of crust with aluminum foil after 10 minutes. (If rest of top starts to get too brown, cover entire top with foil). Remove from oven and sprinkle with remaining caramelized toasted pecans. Cool completely on a wire rack. Make 1 (9-inch) pie.

**CARAMELIZED TOASTED PECANS:**

1 ½ cups pecan halves  
 1/3 cup firmly packed brown sugar  
 3 tablespoons butter  
 2 tablespoons pure maple syrup

Preheat oven to 350 degrees. Spread pecans on cookie sheet or other baking pan and toast 5 minutes, stirring often. Combine brown sugar, butter, and maple syrup in medium saucepan over medium heat. Cook about 2 minutes, stirring often or until sugar dissolves. Add toasted nuts and stir until coated. Place on buttered foil and put back in oven for 1 to 2 minutes, or until sugar starts to bubble. Cool. Chop fine. (Remember, use half of the nuts for chess pie filling and half for topping.)

**Apple Blossom Pie**

Grand Champion, North Carolina Apple Pie Contest, Dixie Classic Fair  
 First Place, Crisco American Baking Celebration

7 cups sliced, peeled apples  
 1 cup sugar  
 ¾ cup, plus 2 tablespoons white grape-peach juice blend  
 ½ teaspoon cinnamon  
 ¼ teaspoon cloves  
 ¼ teaspoon allspice  
 2 tablespoons butter  
 2 tablespoons cornstarch  
 2 tablespoons honey  
 Half and half

Combine apples, sugar, ¾ cup juice, honey, and spices in large saucepan.

On medium heat, bring to boil. Combine cornstarch and 2 tablespoons juice and stir into apples. Boil 1 minute. Stir in butter. Cool to room temperature. Spoon filling into unbaked pie shell. Moisten edges with water. Lift top crust onto filled pie. Decorate with cut-outs shaped like apple blossoms. Cut slits and brush top lightly with half and half. Bake 400 degrees for 10 minutes, then 350 degrees for 30 to 40 minutes until crust is golden brown.

**CRUST:**

3 cups all-purpose flour  
 1 teaspoon salt  
 1 cup chilled Crisco  
 6 tablespoons cold water  
 1 tablespoon white vinegar  
 1 egg beaten

Combine flour and salt in bowl. Cut in shortening until coarse crumbs form. Combine water and beaten egg; add vinegar. Stir quickly in flour mixture. (Do not overwork.) Divide dough into 2 balls and place in 9-inch pan. Add filling. Cover with top crust.



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